BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

29 MARCH-4 APRIL 2025

TV&Satellite week

EXCLUSIVE!

MobLand

Tom Hardy joins **Pierce Brosnan** and **Helen Mirren** for Guy Ritchie's latest crime drama

NEW

THE BONDSMAN

Kevin Bacon is a bounty hunter who comes back from the dead

NEW

AUSTIN

Ben Miller plays a children's author caught in a social-media storm

HotList This week's 28

Saturday 29

FA Cup quarter-finals

***FOOTBALL** BBC1 (Wales, BBC2) & ITV1*

The weekend's FA Cup action kicks off with a London derby between Fulham and Crystal Palace (ITV1, k-o 12.15pm), followed by Brighton v Nottingham Forest (BBC1, k-o 5.15pm). *See Sport Week, p28*

Babes

***COMEDY** Sky Premiere, 1.05pm & 6.10pm*

Ilana Glazer (above) co-wrote and stars in this comedy about two friends navigating parenthood and unexpected pregnancy, with no-holds-barred humour. Michelle Buteau co-stars. *See review, page 23*

Women's Six Nations: Wales v England

***RUGBY UNION** BBC2 (Wales, BBC1), kick-off 4.45pm*

As Wales take on England in Cardiff, they'll be hoping to avenge last year's Six Nations meeting, which the Red Roses won 46-10.

Eric Clapton at the BBC

***MUSIC** BBC2, 8.15pm*

Ahead of his 80th birthday tomorrow, BBC2 pays tribute to the musician (above) with an evening of shows, including a repeat of documentary *Life in 12 Bars* at 10.20pm and this collection of archive performances.

Full listings start on **p35**

Sunday 30

MobLand

***DRAMA** Paramount+*

From Guy Ritchie comes a thriller starring Tom Hardy as Harry Da Souza, a fiercely loyal fixer sworn to protect a London crime family. With Pierce Brosnan and Dame Helen Mirren. *See feature, page 4*

FA Cup quarter-finals

***FOOTBALL** BBC1 & ITV1*

The only non-Premier League side left standing, Preston North End take on Aston Villa (BBC1, k-o 1.30pm), before Bournemouth face Manchester City (ITV1, k-o 4.30pm). *See Sport Week, p28*

World's Most Dangerous Roads

***TRAVELOGUE** U&Dave, 8pm (box set, U)*

The series that sends two plucky celebs on treacherous road trips returns, with comics Jack Dee and Jake Lambert (both pictured) kicking things off in Kyrgyzstan.

Tribe with Bruce Parry

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Almost 20 years since the last run of *Tribe*, the ex-Royal Marine (above) is back to spend more time with indigenous people living in remote areas. *See Documentaries, p20*

Full listings start on **p45**

Monday 31

Gone Girls: The Long Island Serial Killer

***DOCUMENTARY** Netflix*

Three-part documentary following the investigation into the hunt for a serial killer targeting sex workers on Long Island, New York. *See Your Watchlist, page 17*

The White Lotus

***COMEDY DRAMA** Sky Atlantic, 9pm*

With Rick on a mission for vengeance that seems sure to end badly, and the friendship between Jaclyn and her besties damaged beyond repair, tonight's episode is must-watch viewing. *See feature, page 6*

Ready Meals: What They Really Mean for You

***DOCUMENTARY** BBC1, 9pm (times vary)*

With so many people relying on convenience food, this film examines how ready meals are produced and what new technology could mean for the future.

Twitter: Breaking the Bird

***DOCUMENTARY** BBC2, 9pm*

Featuring interviews with Twitter co-founders Evan Williams (above) and Biz Stone, this documentary examines how the dream to build a digital utopia morphed into the platform now owned by Elon Musk.

Full listings start on **p55**

Tuesday 1

Stacey & Joe

***REALITY** BBC1, 8pm*

Joe Swash and Stacey Solomon invite cameras to capture life with their blended family at Pickle Cottage in Essex, showing how the likeable couple balance their family life with busy work schedules.

Bradley & Barney Walsh: Breaking Dad

***TRAVELOGUE** ITV1, 8pm (box set, ITVX)*

Barney and Bradley Walsh (both pictured) are back on their travels – this time taking in the sights, smells and sounds of Japan and Thailand. *See feature, page 8*

Volcano with Dara Ó Briain

***DOCUMENTARY** 5, 9pm*

Comedian Dara Ó Briain (above) gets comically close to an erupting volcano on a mission to Italy, a hotbed of volcanic activity. Concludes tomorrow. *See feature, page 11*

Ashley Cain: Into the Danger Zone

***DOCUMENTARY** BBC3, 9pm (box set, BBC iPlayer)*

The ex-footballer (above) meets young men growing up in some of the world's most dangerous cities. *See Documentaries, p21*

Full listings start on **p65**

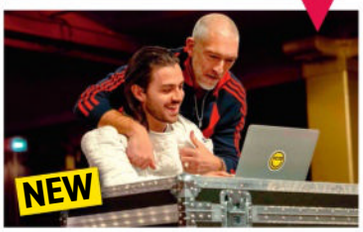
HOW TO ORDER AND ACCESS BACK ISSUES: IF YOU ARE AN ACTIVE SUBSCRIBER, YOU HAVE INSTANT ACCESS TO BACK ISSUES THROUGH YOUR iOS OR ANDROID DEVICES. YOU WILL ONLY BE ABLE TO ACCESS THE DIGITAL BACK ISSUES AS LONG AS YOU ARE AN ACTIVE SUBSCRIBER. TO PURCHASE SINGLE BACK ISSUES (PRINT FORMAT ONLY), VISIT: MAGAZINESDIRECT.COM (CLICK ON 'SINGLE ISSUES' TAB), OR EMAIL: HELP@MAGAZINESDIRECT.COM. MAGAZINESDIRECT.COM IS OWNED AND OPERATED BY FUTURE PUBLISHING LIMITED

Facebook.com/TVSatelliteWeekMagazine

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit tvsatsubs.co.uk/D67K

Wednesday 2



Banger
COMEDY Netflix
Vincent Cassel stars in this French comedy crime drama as washed-up DJ Scorpex, who is recruited by intelligence officer Rose (Laura Felpin) to help take down a criminal gang. *See Your Watchlist, p16*

Worst House on the Street
FACTUAL C4, 8pm
Brother-and-sister property developers Stuart and Scarlette Douglas (both pictured) are back as they meet more families who want to turn their run-down properties into dream homes.

Premier League
FOOTBALL Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm
Liverpool will be all out for a win in tonight's Merseyside derby against Everton, after back-to-back defeats in the Champions League and EFL Cup final.

The Real Ruth Ellis
DOCUMENTARY ITV1, 9pm
Following last week's conclusion of *A Cruel Love: The Ruth Ellis Story*, this documentary takes a look at the crime that led to Ruth Ellis (above) being the last woman to be hanged in Britain.
● ***Previously shown on ITVX***

■ Full listings start on **p75**

Thursday 3

Pulse
DRAMA Netflix
Medical drama following Dr Danny Simms (Willa Fitzgerald), who is promoted to chief resident at the Miami hospital where she works, just as a hurricane is set to hit. *See Your Watchlist, page 14*

The Bondsman
FANTASY DRAMA Prime Video
The bounty hunter trope is not a new one, but this one has a twist – Kevin Bacon's Hub Halloran is brought back to life by the Devil and given the job of hunting down demons who've escaped Hell. *See Your Watchlist, p16*

Bad Dog Academy
FACTUAL C4, 8pm
As Nick Grimshaw takes over as host, he meets a cane corso who is taking his role as protection dog too far and a cavapomchi called Mr Bollinger. Can the experts on hand teach the owners a few new tricks?

Premier League
FOOTBALL Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm
As Chelsea welcome Tottenham Hotspur to Stamford Bridge, Spurs will be keen to erase memories of December's seven-goal stunner, when they lost 3-4.

■ Full listings start on **p85**

Friday 4

Dying for Sex
COMEDY DRAMA Disney+
Inspired by a true story, Michelle Williams stars as a woman who, after receiving a diagnosis of stage 4 breast cancer, splits from her husband and embarks on a journey of sexual discovery. *See feature, p6*

Women's Nations League: England v Belgium
FOOTBALL ITV1, kick-off 8pm
The Lionesses take on Belgium in their third match of the campaign at Ashton Gate in Bristol, and will be keen to make the most of their home advantage.

Black Snow
CRIME DRAMA BBC2, 9pm (box set, BBC iPlayer)
As the Australian crime drama returns, James (Travis Fimmel, above) is on the case of a young woman who disappeared over 20 years earlier. *See feature, p12*

Austin
COMEDY BBC1, 9.30pm (times vary) (box set, iPlayer)
Ben Miller stars as author Julian Hartswood, whose career is threatened by a social-media storm, then the son he didn't know about arrives. *See feature, page 12*

■ Full listings start on **p95**

29 MARCH-4 APRIL 2025

4 Cover story
Dame Helen Mirren and Pierce Brosnan are among the all-star cast in Guy Ritchie's new gangster series *MobLand* on Paramount+

6 TV Week
Michelle Williams stars in *Dying for Sex* on Disney+, father and son Bradley and Barney Walsh return with a new series of *Breaking Dad* on ITV1, plus new Australian comedy *Austin* comes to BBC1

9 Soap Diary
This week's top stories

14 Your Watchlist
Netflix's new medical drama *Pulse*

20 Documentaries
Including *Tribe with Bruce Parry*

22 Films
Renée Zellweger stars in *Bridget Jones: Mad about the Boy*

28 Sport
FA Cup quarter-finals

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: PARAMOUNT+; PHOTOGRAPHER: JASON BELL. BBC, AMAZON MGM STUDIOS. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: DISNEY+, GETTY, SHUTTERSTOCK

DON'T MISS AN ISSUE!
Download a digital issue to your tablet or phone
Available on iPad, iPhone and Android devices
You can also subscribe to the magazine at magazinesdirect.com

CRIMINAL *intent*

Tom Hardy, Pierce Brosnan and Dame Helen Mirren join forces in Guy Ritchie's epic gangland drama *MobLand*

NEW DRAMA

MobLand

From Sunday 30 March, Paramount+ (released weekly)

The latest offering from Guy Ritchie, director of *Lock, Stock and Two Smoking Barrels* and *The Gentlemen*, is crime drama *MobLand*, a gritty gangland thriller that follows the fallout when two powerful London crime families go to war.

Hostilities commence after Eddie (Anson Boon), grandson of Irish crime kingpin Conrad Harrigan (Pierce Brosnan) and his wife Maeve (Dame Helen Mirren), goes on an ill-fated night out with Tommy, the son of Conrad's arch-rival in the drugs trade, Richie Stevenson (Geoff Bell).

After Eddie is involved in a stabbing and returns home in bloodstained clothing, Tommy is nowhere to be found, and it's down to Conrad's ruthlessly efficient fixer Harry (Tom Hardy) to deal with Tommy's furious father as he tries to uncover what happened.

Meanwhile, Harry has family troubles of his own, as his wife Jan (Joanne Froggatt), concerned about the state of their marriage, urges him to agree to couples counselling. While Harry's gangland activities bring financial benefits, it's also quite a restricted existence for Jan, who is first seen going to a primal-therapy class.

'*MobLand* is an epic underworld drama based around two warring families,' explains Froggatt. 'And everybody connected to them is dragged into situations they'd probably rather not be in. Jan is searching for something, and she wants Harry to open up. But with what he does for a living, it's difficult to have friends because she can't tell them about her life.'

Helen Mirren as Maeve and Pierce Brosnan as Conrad

We first meet the Harrigans' extended family when they gather at Conrad's country house for a business meeting. As well as Eddie's father Kevin (Paddy Considine), Conrad has two other children – oldest son Brendan (Daniel Betts) and daughter Seraphina (Mandeep Dhillon).

FAMILY LIES

'It is such an interesting family,' says Boon, who plays loose cannon Eddie, the youngest Harrigan, and previously starred as punk icon Johnny Rotten in Danny Boyle's TV series *Pistol*. 'Some people might say they're dysfunctional, but they do all love each other. At the same time, the currency within the family is different from most normal families as it is all about power, because the business *is* the family.'

Lara Pulver, who plays Eddie's mother Bella, adds that, while Conrad and Maeve are prime movers in the drug-dealing world, they are also good at manipulating their nearest and dearest.

'They encourage a kind of competitiveness within the family,' explains the *Sherlock* star. 'Although

Harry Da Souza
Tom Hardy
The Harrigans' ruthless fixer has a troubled marriage.

WORDS: IAN MACEWAN PHOTOS: PARAMOUNT+ PHOTOGRAPHER JASON BELL

NEW FROM Paramount+

Harry (Tom Hardy, left) gets to work

Maeve Harrigan
Helen Mirren
Conrad's wife has a strong influence over his decisions.

Conrad Harrigan
Pierce Brosnan
The Irish mob boss lives the life of a country gent.

everyone has their own agendas and individual paths, Conrad and Maeve are always reining them in to do their bidding.'

And with three children and one grandson, the question of who will inherit Conrad's empire is at the back of everyone's mind.

'That's bubbling underneath,' says Boon. 'The succession battle about who's going to be on the throne is kind of what keeps them together but, at the same time, at each other's throats.'

For 25-year-old Boon, being cast in a project with so many big names taking part was a thrill.

'I still get goosebumps,' he admits. 'It's the best cast I've been involved with, plus one of the best directors in Guy Ritchie, as well as writer Ronan Bennett, who created *Top Boy*, and [executive producer] Jez Butterworth, who has written some of the best plays in the West End. It's an incredible cocktail.'

Boon adds that working alongside big hitters Brosnan and Mirren was an absolute pleasure.

'What stood out, working with two legends like that, is how playful they were,' he reveals. 'They would crack us up all the time, and when you're in a scene with them, you know that something brilliantly unexpected is going to happen.'

WHO'S WHO

Jan Da Souza
Joanne Froggatt
Harry's wife is ready to start a new phase in her life.

Bella Harrigan
Lara Pulver
Kevin's wife feels their son Eddie is being pulled in two directions.

Brendan Harrigan
Daniel Betts
The oldest and most ineffectual of the Harrigan siblings.

Kevin Harrigan
Paddy Considine
The father of Conrad's only grandson, Eddie.

Eddie Harrigan
Anson Boon
Conrad and Maeve's beloved grandson is a loose cannon.

Seraphina Harrigan
Mandeep Dhillon
Conrad's capable only daughter is at odds with Maeve.

Leslie Bibb as Kate (above) and Carrie Coon as Laurie

Jaclyn (Michelle Monaghan)

Temptation ISLAND

After her fling, can Jaclyn **repair her fractured friendships**?

COMEDY DRAMA

The White Lotus

Monday, 9pm, Sky Atlantic

What began as a long-overdue opportunity to reconnect with her childhood friends has turned into a disaster for Hollywood star Jaclyn Lemon (Michelle Monaghan) in *The White Lotus*.

Despite hoping to strengthen her bonds with socialite Kate Bohr (Leslie Bibb) and lawyer Laurie Duffy (Carrie Coon), the trio have all been guilty of gossiping about each other in secret – and those conversations didn't stay private for long.

Arnas Fedaravicius as Valentin

BROKEN BONDS

Stung by what she perceives as criticism from her pals over her fling with handsome health mentor Valentin (Arnas Fedaravicius), Jaclyn is feeling increasingly isolated.

'There's a lot of tension within this group of women,' Monaghan, 49, tells *TV&Satellite Week*. 'The dynamic and the power shifts throughout the season.'

The women are contemplating the ruptures to their friendship in this week's penultimate episode, and Monaghan reveals that series creator Mike White drew on his own vacation experiences when developing the storyline.

'I think he was a sidekick on a girls' trip and witnessed some of this behaviour, so he was inspired to write that into this season,' she says. 'He wanted us to lean into the idea that women constantly compare themselves to one another. We're really exploring that in the show.'

Although the characters may end up regretting their decision to go on holiday together, it was a very different situation for Monaghan, Bibb and Coon off-screen, as the three loved filming with one another in Thailand.

'It's so rare that I ever get to work with women,' says Monaghan. 'I'm constantly playing "the wife" or "the girlfriend", and most actresses will tell you that, so to have Mike write a storyline that feels relatable for a lot of women was awesome.

'We spent so much time hanging out and just doing all the things you'd imagine we would do at a resort. It was really special.'

Williams with Jenny Slate as Nikki

NEW COMEDY DRAMA

Dying for Sex

From Friday 4 April, Disney+

Two years after her 2023 Oscar nomination for Best Actress in *The Fabelmans*, Michelle Williams makes a welcome return to our screens in Disney+ series *Dying for Sex*, a comedy drama inspired by the liberating final years of New Yorker Molly Kochan.

In the opening episode of the eight-parter, based on a podcast of the same name, Molly (Williams) walks out of her sexless marriage to Steve (*Industry*'s Jay Duplass), her husband of 15 years, when she learns she has incurable breast cancer.

Her first port of call is best friend Nikki (*Parks and Recreation*'s Jenny Slate), who gives her a bed while Molly sets in motion a quest to find sexual fulfilment before she dies.

'It's a story about a woman who's going through a sexual awakening just as she's faced with terminal cancer, but it's more than that,' shares Slate, who also starred in *It Ends with Us*. 'It's also about the friendship of these two women; when the other one is in the room, everything is better, more sturdy, fun and filled with promise.'

Molly wastes no time downloading dating apps, receiving saucy photos and embarking on various sexcapades. Meanwhile, chaotic aspiring actor Nikki takes on the task of organising her friend's palliative care.

'In the time she has left, Molly wants to live a life that, in many ways, she has denied herself,' explains Slate. 'The strength of the humour and the beautiful way sexuality is explored is gorgeous.'

Created and written by Elizabeth Meriwether (*The Dropout*) and Kim Rosenstock (*Only Murders in the Building*), the series also shines a light on Nikki's struggles to juggle Molly's medical and emotional needs with her career and new relationship with musician Noah (Kelvin Yu).

'In the show, Nikki expresses her anger in really punchy explosions while trying not to overtake Molly's experience,' says Slate. 'Nothing about the material made me feel frightened to perform it, but I did often feel deeply affected by it, and I think that's a really good thing.'

The cast includes *Succession*'s David Rasche as Molly's conservative oncologist Dr Pankowitz, who is uncomfortable with his unconventional patient and her pal, and *Catastrophe*'s Rob Delaney is Molly's repulsive yet intriguing new neighbour when she moves into her own apartment.

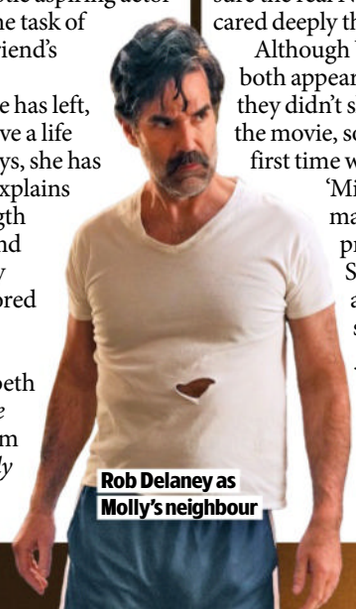
LIFE-ENHANCING

Sissy Spacek also appears later in the series in a scene-stealing performance as Molly's guilt-stricken mum Gail, who makes the journey to New York to spend time with her dying daughter. And the real Nikki Boyer makes a cameo as Molly's cousin Sheila.

'The complexity of the themes were a huge and exciting draw for me,' says Slate. 'I felt a large sense of gratitude that Molly [who died in 2019] and Nikki let us step inside that inner sanctum. I made sure the real Nikki knew that I cared deeply that this was her life.'

Although Williams and Slate both appeared in 2018's *Venom*, they didn't share any scenes in the movie, so this marks their first time working together.

'Michelle is one of the many reasons why this project was attractive. She is open, sensitive and vulnerable,' shares Slate. '*Dying for Sex* is funny, provocative, warm and honest. It's a beautiful take on what it means not just to face death but to live a life.'



Rob Delaney as Molly's neighbour

WORDS: STEVEN PERKINS. ELAINE REILLY PHOTOS: © 2025 DISNEY & ITS RELATED ENTITIES, SKY

Michelle Williams as Molly

'Molly wants to live a life that, in many ways, she has denied herself'
JENNY SLATE

NEW FROM Disney+

Final fantasy

Michelle Williams stars as a woman with incurable cancer on a journey of sexual fulfilment

Bradley and Barney Walsh take on sumo stars in an adrenaline-fuelled Asian adventure

Wrestle mania

NEW TRAVELOGUE

Bradley & Barney Walsh: Breaking Dad

Tue, 8pm, ITV1 (box set, ITVX)

Sumo wrestlers, a perilous suspension bridge and a stomach-churning bungee jump are just some of the challenges faced by father and son Bradley and Barney Walsh as the pair head to Asia for their ITV1 travelogue *Breaking Dad*.

Now on their sixth series, this time the daring duo begin in Tokyo, where thrill seeker Barney has lined up more high-octane activities for his long-suffering dad Bradley. Their travels culminate in Chiang Mai, Thailand, where they face their biggest challenge to date when they try to conquer the Anxiety State Crisis Cave, a 70m-deep limestone cavern popular with rock climbers.

Here, Bradley, 64, and Barney, 27, who also host BBC1's *Gladiators* together, share some of their highlights…

What can you tell us about your Asian itinerary?

Bradley We started off in Japan, experiencing the hustle and bustle of Tokyo and Osaka, and it was even crazier than I thought it would be. We then hopped over to Thailand. The beaches in the southern islands were spectacular, not that I got to do much sunbathing. Later on, we headed north to the capital Bangkok and up to the mountains of Chiang Mai.

How does this latest trip compare to your previous travel adventures?

Barney This was so different to anywhere we've been before. It's our sixth road trip together – it's the furthest we've travelled, and it's the most exciting one yet.

Barney and Bradley Walsh

Can you tell us about some of the activities you throw yourselves into?

Bradley We get up to all sorts. Barney really pushed me this series but I managed to get my own back on him a couple of times. I had a lot of fun playing with some amazing supersized robots [in Episode 3]. They were kitted with these little balls you could shoot out, so I had a great time terrorising Barney and the crew.

Barney I really packed out our itinerary. It was awesome to try out some national sports.

WORDS: TESS LAMACRAFT, ALISON SLADE. PHOTOS: BBC, ITV, ADOBE IMAGES

The guys try a bit of sumo

Bradley Walsh pushes himself

In Episode 5, in Thailand, we had a go at the martial art Muay Thai. It was intense but a lot of fun. Some of the kids we got to train with were unbelievably strong – they nearly knocked Dad over.

We hear you had a go at sumo wrestling, too...

Barney Yes, in Japan. After a bit of training, we went toe to toe with professional sumo wrestlers, which was really cool. One of us ended up with a surprising victory – but I won't tell you who it was!

Bradley We met some wonderful characters along the way who taught us so much about both countries' history and culture. I love taking it all in and learning as much as I can. We had a great guide who travelled with us across Japan. He was such a laugh and brilliant at karaoke.

What memories will especially stay with you?

Bradley For me, it has to be the quality time I got to spend with Barney and making lifelong memories together. It was such an incredible trip and so much fun.

Barney I loved all the adrenaline-fuelled activities we took part in. The Anxiety State Crisis Cave was unreal. It was massive and definitely anxiety-inducing for Dad. Fulfilling a lifelong goal of becoming a ninja for a day in Episode 3 was also a lot of fun – but the best thing of all is that viewers still love the show and that we might have inspired other families to travel.

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Ross wants Vicki to ask Sharon for help

EASTENDERS

Vicki Fowler returns to Walford... with a new family

» **With a week** to go until Martin's funeral, his niece Vicki returns to the Square. To everyone's surprise, she has split from long-term partner Spencer Moon – younger brother of Alfie – and arrives with a new boyfriend in tow, Ross, who has a teenage son called Joel.

But it soon becomes clear that saying goodbye to her uncle isn't the only thing that has brought Vicki back to her East End roots. She and Ross are in debt and need cash quick. Ross urges Vicki to ask Sharon for money but, after learning of her sister's recent heartache, Vicki turns her attention to Ian. Approaching him for a loan, she fails to reveal the real reason why she needs it.

Ross' son Joel

Sharon confronts Vicki when she discovers she's been on the scrounge, and tensions rise between the two women, but she's later given food for thought by pal Linda. Will she save Vicki's bacon? And as a new family settles into Walford, what drama lies ahead?

» **PLUS** Bex arrives ahead of Martin's send-off, Phil reveals his true feelings to Sharon, Peter proposes to Lauren, Avani and Lily smoke weed, Bianca's asked to tell her story, and Tommy decides to ditch his AI 'friend'.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Dee-Dee's labour goes horribly wrong (right), Daisy and mum Christina catfish Jenny, Ronnie lands on the wrong side of Mick, Kevin makes a friend in Julie, and Todd gets mixed messages from Theo.

EMMERDALE

» Ella fears she has killed Liam (above), Marlon finds April unconscious, Cain sacks Sarah and Kammy, Jacob has a proposition for Belle, Mary tries to build bridges with Vanessa, and Brenda makes plans for her cruise win.

MOBILITY*plus*

Forget that bathing was ever a problem

Enjoy the peace of mind that comes with one of our trusted walk-in bathrooms.

Ultra-low entry Richmond shower with splashguard and safety features

Don't let the worry of slips or falls ruin your normal morning routine. Mobility Plus have been helping people overcome home mobility issues for nearly 20 years. Fitting new, fit-for-purpose bathrooms for people who've found getting in and out of them trickier as the years go by. In fact, many agree a new Mobility Plus bathroom has transformed their everyday. Here's what Linda from W. Sussex has to say:

"We had our bath taken out and a shower put in. Throughout we have been kept informed and consulted all the way through. The fitter was a very nice person and nothing was too much for him. We are happy with everything and would recommend." ★★★★★

Why more people choose us:

- **Fast installation**
  Zero mess or fuss, and in a little as a few days
- **Fully bespoke options**
  Customisable to your tastes, needs and budget
- **Heavy-duty safety features**
  Comfy seats, grab rails and slip-resistant flooring
- **Easy clean wall panels**
  No tiles make maintenance easy and simple
- **Fixed price quote**
  No hidden costs—what you see is what you pay

From this...

...to this!

GONE:

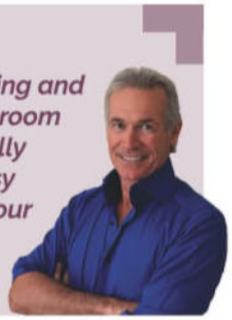
- ✗ Difficult to get into bath
- ✗ Old shower rail and curtain
- ✗ Retro pink bathroom suite
- ✗ Dated taps and fixtures
- ✗ Tired floor vinyl
- ✗ Hard to clean grout

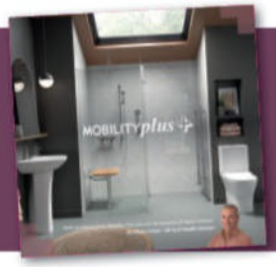
NEW:

- ✓ Easy step shower
- ✓ New shower glass and safety grab rail
- ✓ Clean and sophisticated bathroom suite
- ✓ New, fresh vinyl flooring
- ✓ Easy clean walls

"There are many things we can do to achieve self-care and lead a satisfying and fulfilling life, but adapting your bathroom for a lifetime of good use is potentially one of the most rewarding. Safe, easy access bathing can help maintain your independence and wellbeing."

Dr Hilary Jones





Order your FREE brochure now with no commitments.

We know the only way you're going to know what's best is to consider your options without any distractions. That's why we ask everyone to **order our FREE brochure first.**

Freephone **0808 115 3918** quoting **MCC630**

Trustpilot ★★★★★
As of December 2023
Our customers rate us **'Excellent'**
From over **800** independent reviews

Or, watch Dr Hilary Jones' **Independent Guide to Safer Bathing** on our website, where he gives his opinion on why a walk-in bath or shower might suit you.

mobility-plus.co.uk

Ó Briain witnesses the power of Stromboli

HOT stuff!

Dara Ó Briain goes with the flow as he visits Italy's active volcanoes

NEW DOCUMENTARY

Volcano with Dara Ó Briain

Tuesday & Wednesday, 9pm, 5

Dara Ó Briain finds himself scarily close to an erupting volcano for his latest TV series, *Volcano with Dara Ó Briain*, when he travels to Italy, a hotbed of volcanic activity.

Across two episodes, the comedian visits the country's most active and dangerous volcanoes – Mount Etna, Campi Flegrei, Stromboli and Vesuvius, famous for its AD 79 eruption that wiped out Pompeii.

He also enters a lava cave, learns how scientists use thermal imaging to scan for rising magma, and witnesses Stromboli's fiery lava fountains.

Here, Ó Briain, 53, tells *TV&Satellite Week* more about his seismic adventure…

Were you worried about the dangers of making this series? Volcanoes are very alluring, so you're drawn like a moth to a flame. But we didn't get too close and the team were very cautious. I once almost died in a river while filming for Comic Relief, so I don't do danger for the cameras any more!

What did you learn about the four volcanoes you visited? In terms of their activity, they all behave differently. Etna's busy and when it goes off, it's dramatic, while Stromboli's constantly firing. Vesuvius will do nothing for years and then the eruption will be huge. But Campi Flegrei, a supervolcano underneath Naples, will sit there for hundreds or thousands of years and then it will turn insane!

Ó Briain explores

The excavations of Pompeii

With geophysicist Antonio Costa at Campi Flegrei

Is the threat to Naples significant? Although Campi Flegrei is a supervolcano, it may not erupt within our lifetimes. Even Vesuvius, which tends to erupt once every 50 to 100 years, could be dramatic without being dangerous.

You felt the full force of Stromboli erupting. What was that like? Stromboli is a very interesting volcano, because it's like an open valve straight into hell and every 30 seconds it's spitting stuff out. When dusk appears so do the colours of the eruptions and they're amazing. We were all filming them on our phones – we wanted to capture the sight.

You learnt how scientists can predict eruptions. Was that reassuring? When you're on a volcano, you think, 'This could go at any moment.' But actually, scientists would see an uptick in activity, such as the changing nature of the gases. Even before Vesuvius erupted in AD 79, Pompeiians had noticed changes. Nowadays, the city would be cleared after those changes had been spotted. The authorities would have enough of a warning, so it's not as if it just goes 'boom'!

WORDS: HANNAH DAVIES. PHOTOS: 5, GETTY

Look Who's Back...

A familiar face appearing in a new show this week

Jack Dee

NEW **World's Most Dangerous Roads**

Sunday, 8pm, U&Dave (box set, U)

Born in Bromley in 1961, the deadpan comedian found fame in the 1990s with *The Jack Dee Show* on C4. He's also starred in comedy series *Lead Balloon*, *Bad Move*, *Josh* and *Power Monkeys*. He's been a regular on *QI* and *Have I Got News for You* and was a contestant on Series 18 of *Taskmaster* in 2024.

HIS NEW APPEARANCE

For the new series of *World's Most Dangerous Roads*, Dee teams up with stand-up comedian Jake Lambert for a wild ride through Kyrgyzstan. Starting from the capital, Bishkek, the pair must tackle horrifyingly narrow roads and muddy tracks rendered almost undriveable by rainstorms. And when Lambert is struck down by an illness that threatens their entire trip, will the famously grumpy Dee have any sympathy for his partner? 'I was thrilled to be asked to do *World's Most Dangerous Roads* until I found out where I was being sent and who I'd be going with,' he jokes.

Jack Dee

Daddy issues

Ben Miller stars as a cancelled author discovering he has an autistic son

NEW COMEDY

Austin

Friday, 9.30pm (times vary), BBC1 (box set, BBC iPlayer)

A bestselling children's writer, whose career is in crisis following a social-media storm, faces further turmoil when the autistic son he never knew existed turns up out of the blue in BBC1's heart-warming Australian comedy *Austin*.

Ben Miller plays Julian Hartswood, creator of the beloved Big Bear series, who, at first, is hesitant to accept the eccentric but charming 28-year-old Austin Hogan (neurodivergent actor Michael Theo) into his life.

The *Professor T* star also co-wrote the eight-part series and told *TV&Satellite Week* in an exclusive interview how the show came about.

INSPIRATION

'We saw Michael in an Australian reality show about dating called *Love on the Spectrum*. He was brilliant in it and that was the germ of the idea,' says Miller, 59.

Gia Carides as Mel

'We got in touch and it turned out he'd always wanted to be an actor, so that's where *Austin* came from.'

The opening episode begins with Julian about to embark on a book-signing tour in Australia, but after he inadvertently reposts an online message by a neo-Nazi, he is cancelled. Meanwhile Austin, who was conceived when his Australian mother Mel

Travis Fimmel as James Cormack

Without a trace

Troubled Australian cop James Cormack **searches for his missing brother**

NEW CRIME DRAMA

Black Snow

Friday, 9pm, BBC2 (box set, BBC iPlayer)

Things get personal for cold-case cop James Cormack (Travis Fimmel) in the second season of BBC2's gritty Australian crime drama *Black Snow*.

WORDS: HANNAH DAVIES, SEAN MARLAND, VICTORIA WILSON. PHOTOS: BBC, C4, ITV, SHUTTERSTOCK, U&DAVE, SKY

Julian (Ben Miller), Austin (Michael Theo) and Ingrid (Sally Phillips)

(Gia Carides) was living in London, sees Julian's tour as an opportunity to meet his father.

'Austin is trying to find out who he is,' explains Miller. 'When he arranges a meeting between his parents, he says to his mum, "I want you to be nice to my father, partly because I want to ingratiate myself with him, and partly because I'd really like to go to England," which I love! A lot of things in the show are inspired by things Michael has said or done.'

One of the reasons Julian is initially concerned is because the brief affair he had with Mel overlapped the start of his relationship with his illustrator wife Ingrid (Sally Phillips). Indeed, when Ingrid works out the dates and realises her husband was unfaithful to her back in the 1990s, their marriage is in a spot of bother.

UNEASY TRIP

'Julian and Ingrid's only daughter has just left for university,' says Miller. 'So they're empty nesters who are about to go on this big adventure around Australia, but this calamitous thing happens when they arrive.

'It's an interesting period in a relationship when you're no longer doing hands-on parenting and you're getting to know each other again. It's almost like a romcom!'

As he investigates the case of Zoe Jacobs, who vanished from her own 21st-birthday party over 20 years ago, he also embarks on a quest to find his younger brother, Ritchie, who disappeared when they were children.

'This drama isn't just a whodunnit, it's a relationship-driven show, and James' history with his brother and father was what really interested me,' says *Vikings* and *Dune: Prophecy* star Fimmel, 45.

'This season we really delve into his background and his issues with his dad, his mum and his brother. I think James has been trying to avoid his own tortured path and his own pain. He's been trying to make it about somebody else so he can avoid his own stuff.'

Zoe Jacobs disappeared

As Zoe's family cling to the hope that she could still be alive, surprising new evidence comes to light about James' brother's disappearance, which leaves the cop questioning if he should give up his career to focus on finding answers about his past.

Meanwhile, there's another shock for James when his father is released from prison, which also stirs up bitter feelings from his childhood.

'I don't think James is as professional as he was in the first season,' says Fimmel. 'He's still very tortured. He still has his issues and, if anything, those issues get stronger on a very rocky road with his father.

'But just when you think he's going to find closure, something else happens. He gets his hopes up or trusts the wrong person and then gets shut down!'

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

NEW Dreamers

Sunday, from 10pm, C4 (box set, Channel 4)

This six-part coming-of-age drama, showing in its entirety on Sunday evening, is set in a dance school in Leeds, where dynamic and determined teacher Erica runs a Saturday class for independent but emotionally complicated students. As the friends work and play hard together as a dance ensemble, they also face tough times away from class as they try to find their way in the world.

What's the Big Deal: Britain's Best Buys?

Friday, 8pm, C4

***EastEnders* actor** Natalie Cassidy (left) tests the latest must-have items in a new consumer show, starting with the supposed health benefits of ice baths. 'I got slowly dunked into a very cold bath and the crew were really worried because my face froze and I went silent!' laughs Cassidy, who will also look at the effect of LED face masks on skin.

Kate Garraway's Life Stories

Tuesday, 9pm, ITV1

Presenter Jeremy Kyle returns to ITV six years after his controversial daytime series, *The Jeremy Kyle Show*, was axed when one participant took their own life following an appearance in an episode. Kyle takes the hot seat in the studio as Kate Garraway (left) grills him about the highs and lows of his career and the demise of his show.

Law & Order: Special Victims Unit

Thursday, 9pm, Sky Witness

As the long-running US procedural returns for Season 26, Captain Olivia Benson (Mariska Hargitay, left) and the team investigate a vicious attack on a group of law students. *Griselda* star Juliana Aidén Martinez joins the cast as former homicide cop Detective Kate Silva, the daughter of the NYPD deputy police commissioner.

Danny (Willa Fitzgerald) and Xander (Colin Woodell)

Medics battle to save lives as a **hurricane hits Florida**

Chelsea Muirhead as Sophie Chen

Eye of the storm

NETFLIX Pulse

NEW *Available: Thu 3 April Genre: Drama Season: 1 Episodes: 10*

Life-and-death emergencies and personal crises deliver heart-racing tension in *Pulse*, Netflix's new medical drama following a team of ER doctors in Miami's busiest trauma centre.

The 10-parter follows compassionate but brash third-year resident Danielle 'Danny' Simms (Willa Fitzgerald), who receives a sudden promotion at Maguire Hospital after her much-admired boss Xander Phillips (Colin Woodell) is suspended. But just as rumours of Danny's illicit, complex relationship with Xander – who comes from a powerful medical family – begin to send shock waves through the ER, doctors find themselves facing an influx of trauma cases when a terrifying hurricane hurtles towards Miami.

The hospital goes into lockdown and Maguire's brilliant chair of surgery and emergency medicine, Natalie Cruz (Justina Machado), decides to call Xander in as they are short-staffed. Can he and Danny manage their professional responsibilities and private entanglements during a natural disaster?

PRESSURE COOKER

'You don't really want to be in the hospital, but if you were, this is the one you'd want to be in,' says creator Zoe Robyn, whose credits include *The Equalizer*. 'You'd want to be in the care of these people, but we also wanted the characters to go through the relatable issues of working together in a pressure cooker, so relationships are forming and breaking apart.

'Danny is flawed, fallible and complicated. Her relationship with Xander is an authentic look at a workplace romance and the show plays in the grey area of that situation. It shows the edges and pitfalls of their relationship, but also all the joyous moments of working a high-pressure job like this.'

The talented staff at Maguire include charming second-year surgical student Tom Cole (Jack Bannon), calm and considered third-year emergency-medicine resident Sam Elijah (Jessie T. Usher) and demanding senior surgeon Ruben Soriano (Nestor Carbonell). Plus, there's ambitious surgical intern Sophie Chen (Chelsea Muirhead), cheery medical student Camila Perez (Daniela Nieves) and Danny's self-assured younger sister, emergency-medicine resident Harper Simms (Jessy Yates).

Lost writer Carlton Cuse also served as showrunner on the series, which was shot in Miami and Albuquerque, New Mexico, and is Netflix's first English-language medical procedural.

'There's a uniqueness about Miami that's so special. We wanted to embrace the multicultural quality of the city in the show,' he says.

'Nowadays, your work family can really be the most important community you have, and the complications that arise between what's happening on and off the clock can get messy and confusing. That's what we wanted to explore with *Pulse*.'

What we're watching...

The shows being enjoyed by the *TVSW* team

prime Fear

Genre: Thriller Season: 1 Episodes: 3

The Lazarus Project actor Anjli Mohindra and *Line of Duty*'s Martin Compston star in this chilling and claustrophobic stalker thriller as Rebecca and Martyn, who move to Glasgow with their two young children. At first, their new home seems idyllic, but it soon becomes the stuff of nightmares. Their initially welcoming neighbour Jan (*Tom Jones*' Solly McLeod) turns menacing and accuses the couple of abusing their kids. With the authorities refusing to intervene, will Martyn take matters into his own hands?

Disney+ Doctor Odyssey

Genre: Drama Season: 1 (part 2) Eps: 9-18 (released weekly)

The US medical drama set aboard a luxury cruise liner returns in dramatic fashion with shark attacks keeping the ship's medics, led by Dr Max Bankman (Joshua Jackson, right), busy.

prime Picture This

Genre: Romcom Episodes: One-off

Simone Ashley (right) stars in a British romcom as struggling photographer Pia, who receives a prediction from a spiritual guru that she will find both love and career success on her next five dates.

Now in production...

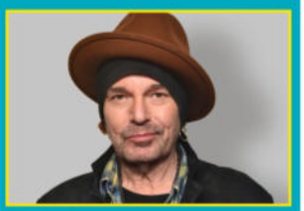
Three upcoming shows to look out for soon

Paramount+ Dexter: Resurrection

Eric Stonestreet (above) will play AI, who is thought to be a serial killer, in Paramount+'s sequel to the hit thriller, starring Michael C. Hall as murderous vigilante Dexter Morgan. Neil Patrick Harris, Uma Thurman and Peter Dinklage will co-star.

NETFLIX The Whisper Man

Adam Scott (above) and Michelle Monaghan will join Robert De Niro in Netflix's drama, about a widowed crime writer who, after his son is kidnapped, turns to his estranged ex-cop dad for help. But there are worrying links to a former murder case.



Paramount+ Landman

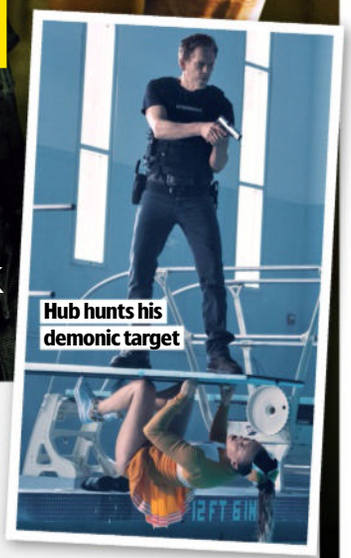
Billy Bob Thornton (above) will be back as Tommy Norris, a crisis manager at a fuel company, in the second series of Paramount+'s drama, set against the backdrop of a boom among the Texan oil rigs. Demi Moore and Andy Garcia are also likely to return.

WORDS: JUDY EWENS, REBECCA MAHONEY, CAREN CLARK; PHOTOS: NETFLIX, PRIME VIDEO, GETTY, ABC, ©2025 DISNEY & ITS RELATED ENTITIES

Kevin Bacon as Hub Halloran

Demon hunter

Kevin Bacon does the Devil's work in an action-packed fantasy series


Hub hunts his demonic target

prime The Bondsman

NEW *Available:* ***Thu 3 April*** *Genre:* ***Fantasy drama*** *Season:* ***1*** *Episodes:* ***8***

Back in 1990, Kevin Bacon was busy trying to find out what happens when we die as an inquisitive medical student in horror movie *Flatliners*, co-starring Kiefer Sutherland and Julia Roberts. And 35 years later, his title character in new Prime Video series *The Bondsman* is finally going to find out – and it's not what he or anyone else expected!

The Hollywood star plays grizzled bounty hunter Hub Halloran, whose world is turned upside down after he is brutally attacked while attempting to apprehend a felon in a rather unorthodox way, by lobbing a hornet's nest into a motel room.

Jennifer Nettles as Maryanne

BACK FROM THE DEAD

Coming round with a nasty-looking gash across his throat, Hub is unimpressed to learn that the boyfriend of his country-singer ex-wife Maryanne (*The Righteous Gemstones*' Jennifer Nettles) hired the men who jumped him.

When Hub encounters a demonic preacher in possession of other-worldly powers, he discovers, courtesy of a mysterious visitor who arrives to take him through his 'orientation', that he actually died in the attack but has been resurrected by the Devil to trap and send back demons that have escaped from Hell.

Only by chasing down those demons, with the help and hindrance of his estranged family, will Hub learn how his own sins got his soul condemned – and get a second chance at life, love and music.

'Whenever I get sent a script, the first thing I look at is: "Who is this guy, and is it something I haven't done before?"' says Bacon. 'And I found Hub fascinating because he's such a badass, but he's still a mama's boy, living in his mother's garage. He's a man-child!'

The 66-year-old also wrote and recorded music for the series with co-star Nettles.

'*The Bondsman* goes to places you don't expect it to,' he adds. 'With all the craziness going on – demons from Hell and rebirth and blood and gore – it's still pretty grounded, and I wanted Hub to feel like a real person.'

DJ Scorpex (Vincent Cassel)

Bangers and smash!

Vincent Cassel plays a DJ recruited to bust a criminal gang

NETFLIX Banger

NEW *Available:* ***Wednesday 2 April*** *Genre:* ***One-off comedy***

Actor Vincent Cassel has carved out a name for himself in both Hollywood and his native France since his breakout role in the critically acclaimed 1995 social thriller *La Haine*.

He has gone on to feature in English-speaking films including *Elizabeth* (1998), *Ocean's Twelve* (2005), *Black Swan* (2011) and *Jason Bourne* (2016), as well as TV's *Westworld*.

'The best thing is to be able to work everywhere, to be called and then you just pick what you want,' says the 58-year-old son of actor Jean-Pierre Cassel. 'I've been pretty spoilt.'

Cassel has portrayed his fair share of bad guys, including his award-winning role as real-life gangster Jacques Mesrine in *Mesrine* (2009).

'I do think villains are more interesting. They're more fun to play,' he says. 'They're far more true to life than really good people.'

But this week, the star leans into his funny side for Netflix's French comedy caper *Banger*, playing washed-up DJ Scorpex, who's recruited by intelligence officer Rose (Laura Felpin) to take down a criminal gang with links to his rival, DJ Vestax (rapper and actor Mister V). Scorpex sees it as his chance to get back on top.

The film reflects Cassel's keenness to keep on expanding his repertoire.

'If you line up my films one after the other, there are very few that I could show my children,' he says. 'I told them that later they'd understand their dad is a bit weird!'

Laura Felpin as Rose

WORDS: CAREN CLARK, HANNAH DAVIES, NATASHA HOLT, IAN MACEWAN. PHOTOS: ITV, NETFLIX, PRIME VIDEO, SKY, U&DRAMA, AMAZON MGM STUDIOS

Melissa Barthelemy

Megan Waterman

Maureen Brainard-Barnes

Amber Costello

Forgotten victims

Why did a serial killer go **undetected for decades**?

NETFLIX Gone Girls: The Long Island Serial Killer

NEW *Available: Monday 31 March*
Genre: Documentary Season: 1 Episodes: 3

In 2010 and 2011 detectives began investigating the murders of at least 10 sex workers whose bodies were all found along a stretch of the same beach on Long Island, New York.

But with many of the women reported missing years earlier, and some of the deaths dating back to at least 1993, why did it take so long for the authorities to realise a serial killer was at large?

That's the question Netflix's three-part true-crime docuseries *Gone Girls: The Long Island Serial Killer* poses as it explores the stigma of the victims' work and possible police corruption.

'I wanted to bring these women to life and make them relatable. These are people's daughters, sisters, mothers,' says the series director Liz Garbus.

INVESTIGATION

The chilling case began when the remains of four victims, Megan Waterman, Melissa Barthelemy, Amber Costello and Maureen Brainard-Barnes, were found within a quarter of a mile of each other near Long Island's Gilgo Beach in December 2010.

Suspect Rex Heuermann

The following year, six more sets of remains were discovered. Yet it wasn't until 2023 that 59-year-old architect Rex Heuermann was arrested and later charged, with the victims' families convinced that their loved ones' jobs as sex workers contributed to delays in the investigation.

'These family members knew that there was a need to shake up the establishment to get attention for this case,' says Garbus. 'The system should have protected their family members. But at the end of the day, their voices really mattered.'

But as Heuermann, who has pleaded not guilty to seven counts of murder, awaits trial, could there be even more victims?

'They continue to add more cases to Rex's docket,' says Garbus. 'There are many people who are still thinking that their missing loved ones could be connected to Rex.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

ITV X Protection

ITV1's crime thriller sees DI Liz Nyles (Siobhan Finneran) left reeling after a witness she should be protecting is shot dead before they can testify. She soon grows suspicious that her lover, who was also in the safe house, has something to hide...

Sky box sets / NOW / Virgin media Gangs of London

Former cop turned gangster Elliot (Sope Dirisu) gets a nasty surprise in the third run of Sky Atlantic's gritty drama when a shipment of drugs is spiked. As he seeks answers, a shoot-out at a fairground ensues.

U The Marlow Murder Club

The return of U&Drama's quirky whodunnit finds amateur sleuth Judith (Samantha Bond) and her pals investigating a perplexing locked-room mystery when a rich landowner (James Wilby) is found dead...

Sky box sets / NOW / Virgin media Bradley Walsh: Egypt's Cosmic Code

In Sky History's series, Bradley Walsh explores Egypt's Great Pyramid by night and tries to prove it may have been a natural power plant.

DON'T MISS THE PERFECT TIME TO PLANT

"Stunning Flowering Fuchsias Trees make an Instant & Magical Impact"

BUY ONE GET ONE FREE

Just in time for spring!

Flowers last ALL YEAR until the first frosts in winter

OVER 130 FIVE STAR REVIEWS

"All my neighbours pass comment on these 2 beautiful fuschia trees..."

Maria D. ★★★★★ feefo

- ✔ **Spectacular blooms from spring until first frosts!**
- ✔ **Trim into classic "standards" with ease**
- ✔ **Stunning Flowering Fuchsias perfect for patio pots, or framing a door or gateway**

Fuchsias are an absolute must for any summer flowering display, and a firm favourite for gardeners throughout the UK. With layer upon layer of delicate petals they are breathtakingly beautiful and uniquely shaped – what's more, they're versatile, easy to grow and perform superbly all summer long!

Skilfully grown over last winter, these stunning 'Fuchsia Columns' (or "Fuchsia Trees") will be delivered direct to your door at around 60-65cm tall – in bud and flower – ready to make a dramatic impact on your patio, terrace or framing a door or gateway!

We have a limited number of these mature, well established plants. With this scarcely believable offer you can Buy One Get One Free... but only whilst stocks last!

Flowering Fuchsia Trees - ITEM CODE: 450098

60-65cm tall in 17cm pots, for instant impact

BUY ONE GET ONE FREE SAVE £19.99 **£19.99** for two trees (Normally ~~£39.98~~)

FLOWERING FUCHSIA TREES

SAVE £19.99

TWO TREES ~~£39.98~~
NOW ONLY
£19.99
BUY ONE GET ONE FREE

Delivered direct to your door at around 65-80cm tall – in bud and flower – ready to make a dramatic impact

in association with TV&Satellite week

BUY ONE GET ONE FREE

Silver 'Tulipa' Square Planters
25cm (10") Diameter

Normally ~~£11.98~~
Offer **£5.99** SAVE £5.99

Perfect for your Fuchsia Trees and also BUY ONE GET ONE FREE! This lightweight, UV and weather resistant plastic planter will add class to your patio without the cost of real metal pots.

ITEM CODE 130151

As Supplied

We've got you covered with the YOUGARDEN DOUBLE GUARANTEE
1 Unhappy with your order? Return it within 30 days and we'll replace or refund in full. 2 Should any winter hardy plants perish thereafter, we'll replace for free, you just pay the P&P.

★★★★★ 10 YEARS TRUSTED SERVICE with 136,000+ reviews feefo

3 EASY WAYS TO ORDER

0844 502 0050

Calls cost 5p per min plus your network's access charge.

USE CODE TVSW389

Online: www.YouGarden.com/TVSW389

or by post using the coupon opposite to:
Offer TVSW389, YouGarden, PO Box 1468, Peterborough, PE1 9XL

SCAN HERE

PLEASE SEND TO: **Offer TVSW389, YouGarden, PO Box 1468, Peterborough, PE1 9XL**

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
100201	**Blooming Fast Plant Pre-Treatment** ONLY £1 ACROSS YOUR WHOLE ORDER!	£1.00		
450098	**60-65cm Tall Flowering Fuchsia Tree** BUY 1 GET ONE FREE! SAVE £19.99!	£19.99		
These SPECIAL OFFERS go perfectly with your Fuchsia Trees!				
130151	**Silver 'Tulipa' Square Planter** 25cm (10") Diameter BUY 1 GET ONE FREE!	£5.99		
100062	**Blooming Fast Superior Feed** 500g SAVE £3	£9.99		
		Add P&P	£6.99	
		TOTAL ORDER VALUE		

Orders dispatched late April. Delivery to UK only and a £3.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Images show mature plants. See website for full product details and T&Cs. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com

YOUR PAYMENT DETAILS I enclose a cheque/Postal Order payable to YouGarden (name & address on back) for £ _____

Or charge my Visa / Mastercard:

Card No. _____ Issue No. ____

Start Date ____ Exp Date ____

DELIVERY DETAILS

Mr/Mrs/Ms/Miss _____ Initial _____ Surname _____

Address _____

Postcode _____

Email _____

Tel _____

If you do not wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

You Must Use Offer Code **TVSW389** To Get These Exclusive Prices!

you garden — gardening for everyone

Pick of the new releases

The best new shows to enjoy this week on streaming services...

MobLand

Sunday 30 March

Crime drama from Guy Ritchie revolving around two warring crime families in London – the Harrigans and the Stevensons – and the fixer tasked with protecting the Harrigan family at all costs. The cast includes Tom Hardy, Pierce Brosnan and Dame Helen Mirren. See feature, page 4.

Gone Girls: The Long Island Serial Killer

Monday 31 March

True-crime docuseries. From 1993, young female sex workers disappeared in Long Island but no one was looking for them until human remains were found on a beach in 2010, which led to the discovery of other victims. In 2024, New York architect Rex Heuermann pleaded not guilty to seven murders. See feature, page 17.

Rhythm + Flow Italy

Monday 31 March

The second season of the music competition that searches for new talent on the Italian rap scene on the streets of Rome, Naples and Milan, with a prize of €100,000 for the winner. Fabri Fibra, Geolier and Rose Villain return as judges.

Promised Hearts

Monday 31 March

Indonesian romance film. Niyala's life falls apart when her father arranges for her to be married to the son of a wealthy businessman in order to pay off the family's debts, while she also has to accept that the man she loves has found someone else to marry.

The Divorce Insurance

Monday 31 March

Korean romcom. After three divorces, insurance agent Noh Ki-jun comes up with the idea of creating divorce insurance. As he and his co-workers try to determine how much divorce costs, they learn more about love.

Jurassic World: Chaos Theory

Thursday 3 April

The third season of the animated sequel to *Jurassic World Camp Cretaceous*, which takes place between the events of films *Jurassic World: Fallen Kingdom* (2018) and *Jurassic World: Dominion* (2022).

Banger

Wednesday 2 April

French comedy crime drama. When has-been DJ Scorpex (*Westworld*'s Vincent Cassel) is recruited by French intelligence agent Rose (Laura Felpin) to take down his young rival Vestax (Mister V), he sees it as a chance to return to the top with a banger. See feature, page 16.

Garnachas: Glorious Street Food!

Wednesday 2 April

Docuseries on Mexico's street-food scene including the popular garnachas – a dish made up of fried corn tortillas topped with refried beans, shredded cabbage, cheese and other garnishes.

Love on the Spectrum

Wednesday 2 April

The third season of the American romantic docuseries featuring new singletons (and some returning favourites) on the autism spectrum as they explore love and relationships.

The Bondsman

Thursday 3 April

Action horror starring *Footloose*'s Kevin Bacon as Hub Halloran, a murdered bounty hunter who's resurrected by the Devil to track down demons that have escaped from the prison of Hell and send them back there. Helping and/or hindering Hub in his quest are members of his estranged family. See feature, page 16.

Devil May Cry

Thursday 3 April

Adult animated fantasy. When a mysterious villain threatens to open the gates of Hell, a devilishly handsome demon hunter could be the world's best hope for salvation. Based on the hit video-game franchise.

Pulse

Thursday 3 April

Medical drama following the hospital staff at a busy trauma centre in Miami. As a hurricane barrels towards the Florida city, third-year resident Dr Danny Simms (*Reacher*'s Willa Fitzgerald) and chief resident Dr Xander Phillips (*The Flight Attendant*'s Colin Woodell) must work together to save patients just as the bombshell details of their illicit romance come to light. With Jack Bannon (*Pennyworth*). See feature, page 14.

Dying for Sex

Friday 4 April

Comedy drama inspired by the true story of Molly Kochan (*The Fabelmans*' Michelle Williams), who, after she is diagnosed with stage 4 metastatic breast cancer, decides to leave her husband, Steve (*Pain Hustlers*' Jay Duplass), and explore the full breadth of her sexual desires for the first time in her life. With *Catastrophe* star Rob Delaney and *Parks and Recreation*'s Jenny Slate. See feature, page 6.

Bordertown

Friday 4 April

The second season of the Finnish crime drama from Walter Presents, set in a town close to the Russian border. Kari Sorjonen (Ville Virtanen) has his world rocked when colleague Lena Jaakkola's estranged father, a convict in Russia, contacts her after 18 years, pulling Lena into a past she thought was buried – and placing Kari's wife and daughter in danger.

Gardening with Alan Titchmarsh

Friday 4 April

The gardening guru and TV presenter launches his own YouTube channel with a series of how-to videos designed to inspire both first-time and experienced gardeners. There will be plenty of tips and advice, plus specific masterclasses as Titchmarsh passes on his extensive knowledge.

Karma

Friday 4 April

South Korean thriller. The lives of six people become entangled after a fateful accident, forcing them to confront their darkest secrets and connections in a tale of destiny and crime.

WORDS: JUDY EWENS. PHOTOS: NETFLIX

Documentaries

Parry in the Amazon

NEW FACTUAL

Tribe with Bruce Parry

Sunday, 9pm, BBC2 (box set, BBC iPlayer)

It's been nearly two decades since the last series of *Tribe*, BBC2's award-winning show following the experiences of explorer Bruce Parry as he lived with tribes in the most far-flung places in the world.

But now the documentary-maker, indigenous-rights activist and former Royal Marine is back with a fourth series, which sees him once again spending time with communities living very different lives from our own.

'I'd been away from TV for over 10 years, but I came back because I felt I was still on a journey to share some of the insights I'd received from my time with tribal people,' Parry, 56, tells *TV&Satellite Week*. 'I had seen the problems with globalisation and climate change and how they've affected these communities, so I felt energised about their plight.'

In the first episode of the three-part series, Parry travels deep into Colombia's Amazon rainforest to meet the Waimaha people, becoming the first foreigner to live with them.

Parry eats a grub in Colombia

Into the wild

Bruce Parry heads to the jungle to immerse himself in a remote community

Our Welsh Chapel Dream

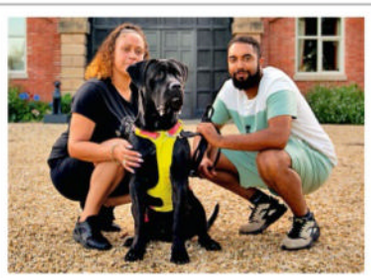
Tuesday, 8pm, C4

Cameras return to follow the progress of *The Great Pottery Throw Down* judge Keith Brymer Jones and his other half Marj (both above) as they transform a derelict 163-year-old chapel in Pwllheli, North Wales, into a home and pottery studio. The rookie renovators face a dry-rot disaster as they remove skiploads of fungus.

The Americas

Sunday, 6.15pm, BBC1

Canada's top predators go head-to-head competing for food in this week's episode, entitled *The Frozen North*. This includes a fight between polar bears and a pack of wolves over a single carcass. Cameras also capture sharp-tailed grouse in a mating dance, caribou crossing a raging river and snowshoe hares outrunning lynx.



Bad Dog Academy

Thursday, 8pm, C4

Canine experts are on hand to school more poorly behaved pooches – and their sometimes equally troublesome owners – on how to conduct themselves in public in a second run of the show (formerly known as *The Dog Academy*). But will they be able to teach some of the country's naughtiest dogs to mend their cheeky ways?

WORDS: SEAN MARLAND, NATASHA HOLT, IAN MACEWAN. PHOTOS: BBC, C4, ITV, ALAMY

Canoeing on the Tiquié River

Rubber tappers and missionaries nearly destroyed Waimaha culture in the 20th century, so Parry is initially viewed with suspicion but he is determined to learn about the Waimaha's deep understanding of nature that enables them to thrive in the jungle.

NEW EXPERIENCES

'There's a plant that allows them to connect on a very deep level with the forest,' he says. 'And they use it to make a psychoactive brew called yagé.'

Parry takes part in the yagé ritual, which involves members of the tribe dancing for hours until they are able to enter a trance-like state.

'It was quite nerve-racking because every time you allow your body to receive such powerful medicine, you've no idea what it's going to reveal,' he says. 'It's a medicine for the psyche as much as it is for the body and you're peeling off the layers of the onion, without knowing what's beneath. But it was a beautiful experience and I got a deep appreciation of these people and their connection to the forest in a way words can't really summarise.'

Later in the series, Parry is initiated into the Mucubal people who live in the desert region of Angola. It is something that will stay with him for ever.

With the Mucubal chief

'I was asked to suffocate a goat, which would be used to feed the tribe,' he explains. 'My first reaction was, "I don't want to do this." But then my next one was, "I want to get this right." But I also thought, "Who am I to judge these people?" We eat meat in Western society, but we've just shut out that part of the process.'

Science Fiction in the Atomic Age

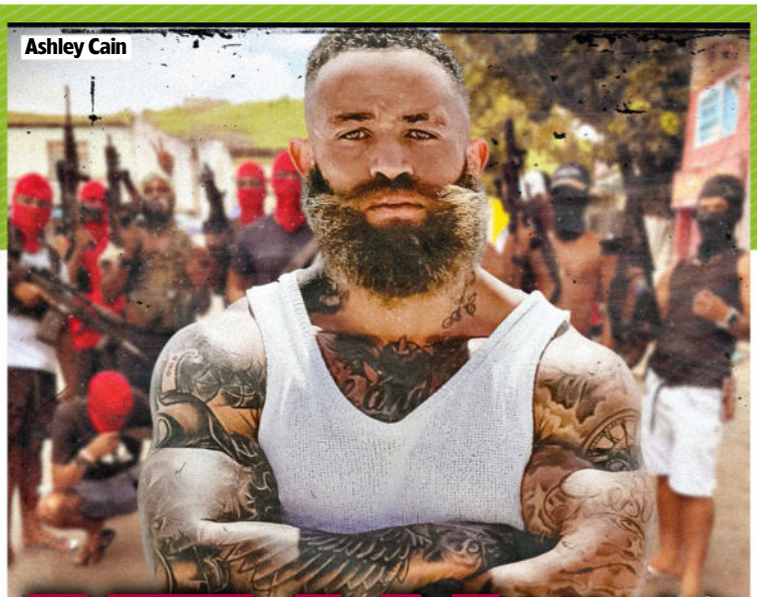
Thursday, 8pm, Sky Arts (box set, Sky Box Sets & NOW)

Celebrating the greatest writers of science fiction, this four-parter takes a dive into works by the likes of Mary Shelley (above) and H.G. Wells, revealing how sci-fi authors not only predicted the dark side of our tech advances but also acted as a warning about their potential consequences.

For the Love of Dogs with Alison Hammond

Tuesday, 8.30pm (not UTV), ITV1

Alison Hammond is back at Battersea Dogs & Cats Home as she joins staff and volunteers to help a new bunch of furry friends find a loving home. Along the way, she gets to meet Tina (above, with Hammond), a Shar Pei who needs corrective surgery on the skin surrounding her eyes due to many years of overbreeding.


Ashley Cain

MEAN streets

Ashley Cain braves Rio de Janeiro's crime-ridden favelas

NEW FACTUAL

Ashley Cain: Into the Danger Zone

Tue, 9pm, BBC3 (box set, iPlayer)

Former Coventry City footballer turned influencer and endurance athlete Ashley Cain risks life and limb for his new series as he immerses himself in some of the world's most dangerous cities.

In BBC3's *Ashley Cain: Into the Danger Zone*, he will meet everyone from mercenaries in Marseilles to gang members in a Philippine prison and South African poachers in a bid to explore the lives of young men born into these lawless environments.

Cain in Brazil

CORRUPTION

'I'm travelling to some of the planet's most hostile places to meet those who have chosen a life of extreme criminality,' says Cain, 34. 'I may not condone what they do to get by, but by walking in their shoes I can at least understand them.'

In the first episode, Cain heads to Brazil, where he visits some of Rio de Janeiro's favelas, or impoverished neighbourhoods. There, he sees people selling huge quantities of class A drugs in plain sight and encounters balaclava-clad young men brandishing machine guns at every turn.

These youths are prepared to fight to the death as part of a turf war between rival drug cartels. They also battle the corrupt militia supposedly guarding the neighbourhoods, and Cain accompanies a gang member as he patrols the favela, ready to shoot any rival cartel members or even cops.

EXTREMES

'I didn't know what to think,' he admits. 'My adrenaline was spiking because of the danger and threat. I was fearing for my life.'

As well as getting to know the younger 'foot soldiers' in the organised-crime gangs, Cain also talks to a militia boss and meets the bereaved family members of a murdered youth. He also finds some hope thanks to the charities determined to help those in the favelas.

'Rio de Janeiro is a city of extremes,' concludes Cain. 'It's stunningly beautiful and deeply dangerous. With little access to education, jobs or real opportunities, many young men see the criminal world as their only way out.'

MOVIE OF THE WEEK

New love: Renée and Leo

BRIDGET JONES
MAD ABOUT THE BOY

A triumphant **Renée Zellweger** returns older, wiser but just as much fun as ever

COMEDY

From Monday, to buy or rent from digital stores including Sky Store and Prime Video ★★★★

Almost a quarter of a century since she first played Helen Fielding's klutzy, calorie-counting diarist on screen, Renée Zellweger is back for her fourth outing in the role – and the result is the best instalment in the series since the character's 2001 film debut. Bridget is no longer a Chardonnay-guzzling, cigarette-puffing singleton but a middle-aged single mum with two primary school kids.

Four years ago, Bridget's husband, dashing barrister Mark Darcy (Colin Firth), was killed leaving her a widow with an enviably large house beside Hampstead Heath. Now, however, she is tentatively trying to date again and finds herself with two very different potential suitors: a young park ranger named Roxster (Leo Woodall) and her son's fussy science teacher Mr Wallaker (Chiwetel Ejiofor).

Naturally, Bridget gets into comic scrapes as she attempts to sort out her love life, but she has far fewer slapstick pratfalls than before and her boozy friends also get less of a look in. The film is still funny, fortunately, but Bridget's grief brings out the story's more heartfelt elements, too, with Firth reappearing as a kind of ghostly presence in her life. Best of all, though, is Hugh Grant, returning as caddish Daniel Cleaver, and his impeccable comic timing sees him steal every scene he is in. 2024, 15, 125MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner>>>

Week's Be

COMEDY DRAMA

I'll Be Right There

Sunday, 11.35am & 7.15pm, Sky Premiere ★★★

This minor but pleasant slice-of-life comedy drama stars a wonderful Edie Falco as a woman used to caring for others. That includes a mother (Jeannie Berlin) with various medical conditions, an eight-month pregnant daughter (Kayli Carter) who's freaking out about every little thing and an ex-addict son (Charlie Tahan) refusing to go to therapy. Add to the list a lover (Sepideh Moafi) who seems to see Falco as nothing more than a sexual outlet. Where is the 'me' time for her? This little movie bustles along nicely enough and is good company – especially with Falco at its core surrounded by other fine actors, including Bradley Whitford and Michael Rapaport – but it lacks a forceful propellant to really make it sing. 2023, 12, 98MIN

The great giver: Edie

Mission implausible: Gru and co

ANIMATION

Despicable Me 4

Friday, 7.50am & 4.30pm, Sky Premiere ★★★

The latest animated comedy in the *Despicable Me* series finds Steve Carell's supervillain-turned-Anti-Villain League agent enjoying domesticity with wife Lucy (Kristen Wiig), adoptive daughters Margo, Edith and Agnes, and new baby son Gru Jr. But when Gru's evil nemesis, cockroach obsessed Maxime le Mal (Will Ferrell), breaks out of prison plotting revenge, the family has to adopt new identities and go into hiding in suburbia. Can they possibly blend in? This time around the series' comic invention is beginning to dip just a little, and the plotting sags a bit too, but Carell's soft-hearted hero remains a winner, while the zany, gibberish-spouting Minions never fail to raise chuckles. Steve Coogan's returning supercilious spy chief Silas Ramsbottom is also terrific fun. 2024, U, 94MIN

A deadly stowaway...

FANTASY THRILLER

The Last Voyage of the Demeter

From Saturday, Prime Video ★★★

A good old-fashioned supernatural thriller, this expands upon a small section of Bram Stoker's *Dracula* that recounts the vampire's journey to England by ship, hidden in earth-filled crates. Even though we know the outcome from the get-go, the movie makes for fun, bloody entertainment as we follow what occurs on the *Demeter* through the eyes of the ship's doctor (Corey Hawkins). It's essentially a B-movie on steroids, but a fine cast, including a terrific Liam Cunningham as the captain, steers this stormy, sea-spattered adventure to its inevitably grisly conclusion. 2023, 15, 118MIN

The kids are alright: Michelle and Ilana

COMEDY

Babes

Saturday, 1.05pm & 6.10pm, Sky Premiere ★★★★

A raucous, in-your-face comedy about the trials and tribulations of pregnancy that leaves little to the imagination, this gets up-close-and-personal throughout the event. After single New York yoga instructor Ilana Glazer decides to keep the baby after a one-night stand, she falls back on her very best friend and mother-of-two Michelle Buteau to help her through the process. This is not a gentle, quiet comedy (Glazer is constantly dialled up to 11), but it's refreshingly honest and the women's relationship is a blast. The finale may even leave a tear in your eye... 2024, 15, 104MIN

COMEDY DRAMA

A Real Pain

Available now, to buy or rent from digital stores including Sky Store and Prime Video ★★★★★

Making his second film as a writer-director, Jesse Eisenberg has come up with a real gem, a movie about two mismatched Jewish-American cousins on a 'Holocaust tour' of Poland that balances laugh-out-loud comedy with heart-wrenching and insightful drama. Eisenberg plays David, a moderately successful New Yorker with a wife and daughter, while Kieran Culkin is Benji, a single jobless screw-up.

'Joined at the hip' when they were young, the pair have drifted apart but reunite for the tour to honour their recently deceased grandmother, a Holocaust survivor. David is twitchy and uptight while Benji is a mischief-making extrovert who manages to be both rude and charismatically charming.

In the course of the tour (led by Will Sharpe's well-meaning English guide), we realise that Benji is the more deeply troubled one. Culkin's genuinely brilliant, Oscar-winning performance has grabbed most attention, but almost everything in Eisenberg's film, from the title with its deft double meaning to the use of Chopin nocturnes and impromptus on the soundtrack, is exquisitely well judged too. 2024, 15, 90MIN

Things are looking up: Kieran and Jessie

Hidden gems Great movies you might have missed...

COMEDY DRAMA

I Care a Lot

Prime Video ★★★★

Rosamund Pike is superb in this horribly fun drama. Pike plays Marla Grayson, a court-approved legal guardian who takes on the care and funds of those deemed unable to look after themselves. But Marla's latest mark Jennifer (Dianne Wiest) proves to have family (Peter Dinklage) that she really shouldn't mess with... With its terrific cast and rapier-sharp script, this entertaining exercise in equal-opportunities nihilism is surgically smart. 2021, 18, 118MIN

SCI-FI COMEDY

It's What's Inside

Netflix ★★★★

Hold onto your hats for this unbelievably twisty sci-fi comedy thriller. A group of eight college friends meet up after almost a decade for a pre-wedding bash at to-be-groom Devon Terrell's country pile, only for things to escalate insanely when boffin David Thompson has them play a game with an incredible new piece of tech. To say more would spoil the party, but the crazy plot is matched by highly inventive visuals and a soundscape to match. 2024, 15, 103MIN

COMEDY THRILLER

The Instigators

Apple TV+ ★★★★

Matt Damon and Casey Affleck play unlikely partners in crime in this smart, frequently hilarious heist comedy-cum-buddy movie. Divorced and suicidal Damon and scrappy ex-con Affleck are thrown together to steal the ill-gotten plunder of corrupt mayor Ron Perlman. But when the robbery goes sideways, the duo find themselves with seemingly no way of making a successful getaway... It's a seriously enjoyable crime comedy. 2024, 15, 101MIN

CHANGE YOUR CLOCKS...
Don't forget – the clocks go **forward one hour** at 1am on Sunday morning

Saturday 29 March

COMEDY DRAMA

Mrs Harris Goes to Paris

9.15pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Lesley Manville sparkles as Mrs Harris, a salt-of-the-earth widowed cleaner who has set her heart on buying a Dior gown. After a series of lucky windfalls, she leaves drab 1957 London behind for the glamour of the Paris fashion house. Isabelle Huppert's smug gatekeeper is determined to stop her, but Mrs Harris – who has a habit of inspiring everyone she meets – has the likes of Alba Baptista's model and Lambert Wilson's wealthy widower on her side. Based on a 1958 novel by Paul Gallico, this is a flight of fancy that director Anthony Fabian works a little too hard to wrap in a neat bow, but for the most part it is an enchanting little gem. 2022, PG, 115MIN

Dress to impress: Lesley

COMEDY FANTASY

The Witches

10.30am, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

There's a witches' convention going on in Newquay and it's the decision of the Grand High Witch (Anjelica Huston) to use an evil potion (via sweet shops) to turn the children of Britain into mice. Huston is magnificently malevolent – it took an astonishing eight hours for makeup to achieve her transformations – in this delightful film (though it might be a bit scary for tots) based on Roald Dahl's classic. Real mice and fakes from Jim Henson's Creature Workshop blend seamlessly as the battle between good and evil plays out at the most fevered pace. 1989, PG, 90MIN

ANIMATION

Shrek

3.15pm, BBC1 (2.20pm Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

The first of the animated jewels tells of ogre Shrek (voiced by Mike Myers), who is annoyed when his swamp is invaded first by a talkative, wiscracking donkey (Eddie Murphy, hilarious), then by a host of fairytale folk banished from a nearby kingdom. Shrek must appease its tiny ruler by rescuing a kickboxing princess (Cameron Diaz) from a dragon. It's fantastic, original entertainment that works perfectly for both kids and adults, and was a worthy winner of the first-ever Oscar for Best Animated Film. 2001, U, 90MIN

SCI-FI

The Martian

10.20pm, BBC1 (11.35pm Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Stranded on Mars, astronaut Matt Damon tackles daunting perils with ingenuity and can-do zeal. He's a NASA botanist, presumed dead and left behind following a rogue sandstorm, and it's gripping as he solves knotty science problems – such as the conundrum of how to grow potatoes – as he strives to survive. Ridley Scott's deft direction skilfully balances awesome spectacle with intimate human drama, while Damon's charisma and self-deprecating humour keeps us rooting for him. 2015, 12, 141MIN

BLACK COMEDY

Klokkenluider

11.10pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Amit Shah and his wife Sura Dohnke travel from London to hide in the Belgium countryside. He's a whistleblower who knows something seismic and terrifying and has been sent two oddball bodyguards (Tom Burke and Roger Evans) for protection as they wait for a journalist to turn up to cover the story. It's the writing-directing debut of actor Neil Maskell, who has created a strange beast of a film that's darkly funny and stokes up paranoia to fine effect. 2022, 15, 84MIN

■ Full listings start on p35

Sunday 30 March

COMEDY DRAMA

Allelujah

10pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Saunders shines as the flinty but caring ward sister for a Northern NHS geriatric hospital threatened with closure. With kindly doctor Bally Gill and ever cheerful nurse Jesse Akele, she oversees a collection of patients comprising national treasures, including Judi Dench, Derek Jacobi and David Bradley. Based on Alan Bennett's play – a righteously angry comedy drama – director Richard Eyre has made a watchable, quietly entertaining fist of it, even if he doesn't always do justice to Bennett's prose. A strange dark turn feels like a misstep, but there is also heart and empathy, making for a fitting tribute to the enduring spirit of the NHS. 2022, 12, 99MIN

Healing power: Jennifer

HORROR

Never Let Go

From 25 March, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE A frantically wild-eyed Halle Berry lives alone in the wilderness with her young twin boys (Percy Daggs IV and Anthony B Jenkins). She claims there is an intangible evil at large, which has taken over the world and all that keeps them safe from it are the ropes they must keep attached to themselves and the cabin. But it's an evil only she can see – so what exactly is going on..? Director Alexandre Aja's chiller is fraught and intense and will keep you guessing all the way to the fiery finale. 2024, 15, 101MIN

CLASSIC THRILLER

Vertigo

6.30am, Sky Gangsters ★★★★★

Sex ●●● Violence ●●● Language ●●●

One of his most famous films, Alfred Hitchcock's dizzy thriller is more about obsession than suspense, with James Stewart giving one of his most tormented performances. He's an ex-policeman with a fear of heights who falls in love with the mysterious woman (Kim Novak) he's been hired to follow. Hitchcock manages to pile on some extraordinary twists and builds up a unique dream-like atmosphere that turns the San Francisco locations into a kind of huge spiralling mind game in which Stewart is both the player and the pawn. 1958, PG, 128MIN

ACTION THRILLER

Spectre

8pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In his fourth Bond outing, Daniel Craig swaggers through a film that positively revels in the series' heritage. The action set pieces are dazzling (including an intricate single take opening sequence set in Mexico City) and everywhere you look there are nods, nudges and witty allusions to 007's past escapades. The plot sees Bond on another globe-hopping quest in pursuit of the shadowy organisation that's dogged his previous missions while, back home, Ralph Fiennes' M battles Andrew Scott's plan to replace 00s with drones and satellites. 2015, 12, 148MIN

THRILLER

Children of Men

10.30pm, BBC1 (11pm N Ireland, Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

In 2027 Britain, terrorist action is rife, draconian immigration laws are brutally enforced and it's 18 years since a human was born. So it's a bit of an event that refugee Clare-Hope Ashitey's pregnant. Clive Owen is superb as a jaded former activist roped in on the dangerous mission to get this valuable commodity to safety. Michael Caine and Julianne Moore are also involved in their haunting journey in this stunning, must-see thriller. 2006, 15, 109MIN

■ Full listings start on p45

Weekday movies over page

Monday 31 March

COMEDY

Sasquatch Sunset

11.35pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

This absurdist comedy follows a female sasquatch (Riley Keough) and three males (Jesse Eisenberg, Nathan Zellner and Christophe Zajac-Denek) through the seasons. The concept might be eccentric – there's zero dialogue, only grunts, huffs and yelps – but it's all played with admirable sincerity with the stars working wonders under excellent prosthetics. As time passes, a sadness creeps in as we might be watching the extinction of a species, but an inspired sight gag or gross-out joke is never far away. 2024, 15, 88MIN

Flight of fancy: Jesse

COMEDY

Tag

From 25 March, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

Every year, five pals resume the game of tag they've been playing since the age of nine. But now Jeremy Renner, the only one never to have been tagged, is planning to quit after his impending wedding. So can Ed Helms, Jon Hamm, Hannibal Buress and Jake Johnson stop him? It's rowdy, but the slapstick is impressively vigorous (Renner broke his arms during shooting) and the game cast has a terrific rapport. 2018, 15, 100MIN

THRILLER

In the Line of Fire

9pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Still guilt-ridden over his failure to save President John F Kennedy from assassination in 1963, Clint Eastwood's veteran Secret Service agent struggles to prevent history repeating itself in a slick, gripping thriller from director Wolfgang Petersen. John Malkovich is chillingly malevolent as the hitman who manipulates Eastwood's guilt, while Rene Russo provides some personal and professional frisson as a fellow agent. 1993, 15, 127MIN

SUPERHERO

Madame Web

6pm, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Dakota Johnson is great as New York paramedic Cassandra Web in this more-fun-than-you-might-think *Spider-Man* offshoot. She starts having terrible premonitions, which leads her to unconnected teens Sydney Sweeney, Isabela Merced and Celeste O'Connor, who are being hunted by Tahar Rahim's Ezekiel Sims (who also killed Cassandra's mum). It's messy at first, but settles into an enjoyable chase film with a feminist twist. 2024, 12, 116MIN

COMEDY

Funny Pages

11.40pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Budding cartoonist Robert (Daniel Zolghadri) drops out of school and encounters combustible loner Wallace (Matthew Maher), whose former job as a comic-book colour separator convinces his younger counterpart he is ideal mentor material. Full of pathos, this unpredictable coming-of-age story gives every laugh (of which there are many) a note of tragic despair. 2022, 15, 86MIN

■ Full listings start on p55

Tuesday 1 April

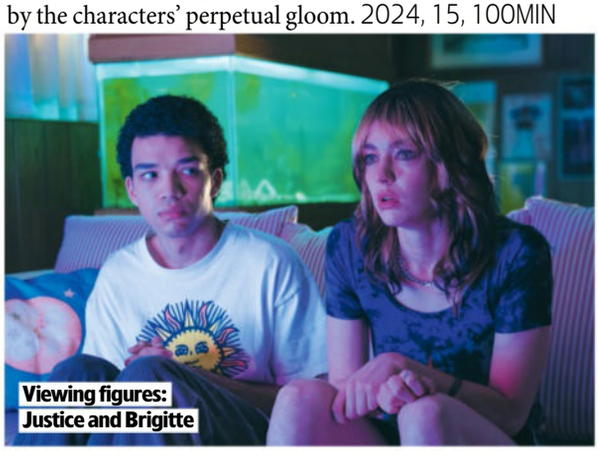
DRAMA

I Saw the TV Glow

11.05am & 4.30am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

A perplexing, sometimes mystifying drama that's heavy on gorgeous visuals but light on story structure, this tale set in a 1990s American suburb follows two lost, guarded teens (Justice Smith and Brigette Lundy-Paine) who bond over a TV show, *The Pink Opaque* (think *Buffy the Vampire Slayer*), which builds to obsession. Taking in gender identity, nonconformity and compulsive behaviour, this film is certainly interesting, but lacks emotional heft, not helped by the characters' perpetual gloom. 2024, 15, 100MIN



Viewing figures: Justice and Brigitte

COMEDY

Dinner for Schmucks

6am & 11.55pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Paul Rudd's boss likes to play a cruel game in which employees are invited to bring a gullible fool to his weekly dinner party, the winner being the one who brings the most idiotic guest. When Rudd's invited to the latest party, he finds a perfect idiot – unhinged mouse-lover Steve Carell – who proceeds to ruin his life. This is broadly drawn but its absurdities and the fine cast keep it amusing. 2010, 12, 114MIN

ACTION THRILLER

The Equalizer 3

8pm, Sky Gangsters ★★★

Sex ●●● Violence ●●● Language ●●●

Denzel Washington's third film as CIA operative-turned-vigilante Robert McCall finds him living quietly in Italy – until Dakota Fanning's CIA agent turns up and they set about saving locals from the grip of the Mob. Series director Antoine Fuqua ensures the action is brutal while keeping a grip on the emotional beats, too. Fanning's character is a bit of a wasted opportunity, but Washington holds it all together with skill. 2023, 15, 109MIN

CLASSIC DRAMA

Five Easy Pieces

1.45pm & 1.55am, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

Jack Nicholson was nominated for an Oscar for his career-making performance as a drifter who's turned his back on a promising career as a concert pianist and can't help but be out of tune with everyone he meets. The legendary scene in the diner, in which he tries to order an item not on the menu, is played for laughs, but the film also has a tremendous emotional power and the chilly ending is in a class by itself. 1970, 15, 98MIN

CRIME COMEDY

Pulp Fiction

12.25am, Sky Gangsters ★★★★★

Sex ●●● Violence ●●● Language ●●●

Action, comedy and the art of conversation are combined to brilliant effect in writer-director Quentin Tarantino's dazzling film. It interweaves four storylines that contain John Travolta, Uma Thurman, Samuel L Jackson, Bruce Willis, Tim Roth, Amanda Plummer, violence, bad language, drug use – and lots of very, very funny moments. 1994, 18, 154MIN

■ Full listings start on p65

Wednesday

THRILLER

Don't Worry Darling

From today, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Florence Pugh and Harry Styles play a husband and wife who lead a seemingly idyllic life in Chris Pine's too-good-to-be-true utopian 1950s desert town of Victory. While the men go off to work, the women

Road rage: Florence

BIOPIC

The Damned United

10.05am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Sheen is electrifying in the lead role of this absorbing account of legendary football manager Brian Clough's doomed 44-day tenure as manager of reigning champs Leeds United in 1974. The film's finely honed script provides delicate footwork through the difficult time-hopping structure and you don't have to be a football fan to thrill to this terrific tale of belligerence, brilliance and the beautiful game. 2009, 15, 97MIN

THRILLER

Inferno

5.50pm & 2.30am, Sky Books to Screen ★★★

Sex ●●● Violence ●●● Language ●●●

Concussed and amnesiac, Tom Hanks' Harvard professor Robert Langdon wakes up in Florence in the third and most entertaining of his Dan Brown adventures. This time, Dante's *Divine Comedy* provides the devilishly cryptic clues he must unravel to stop a global plague. Hanks looks comfortable, while Felicity Jones, Sidse Babett Knudsen and Irrfan Khan provide classy support. 2016, 12, 121MIN

2 April

cook, clean and gossip. Is everything as it seems? Of course not! But when Pugh starts to question the status quo, things take a very dark turn… Director Olivia Wilde deftly drops hints and clues as to what's really going on and, even if it doesn't all add up to much and gets sillier as it goes, it is still a neat, disquieting thriller. 2022, 15, 118MIN

DRAMA

The Outsiders

11.10pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Francis Ford Coppola's cult film of SE Hinton's novel about warring gangs of 1960s Oklahoma youths, the poor Greasers and the privileged Socs, is a reflective, beautifully photographed drama. But it is the early performances from a future who's-who of star names that is the biggest draw – Matt Dillon, Patrick Swayze, Rob Lowe, Emilio Estevez, Diane Lane, C Thomas Howell, Ralph Macchio and, of course, Tom Cruise. 1983, 12, 91MIN

CRIME DRAMA

Dreamland

1am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

On the bone-dry plains of 1935 Texas, which hasn't seen rain in more than a year, a bank robber (Margot Robbie) is on the run, sparking interest from locals desperate for the $10,000 reward. Then teen Finn Cole finds her hiding in his family's barn... With the sheer wattage of Robbie's star power and exceptional photography, this slight, sparse drama generates real clout. 2019, 15, 98MIN

■ Full listings start on p75

Thursday 3 April

SCI-FI COMEDY

Ghostbusters: Frozen Empire

7.30pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

In this sequel to 2021's *Afterlife*, Carrie Coon, Paul Rudd, Finn Wolfhard and Mckenna Grace are keeping a lid on New York's ghosts. But problems arise when their firehouse ghost unit goes on the blink and a strange orb comes into the hands of Dan Aykroyd; it contains an evil spirit that turns things to ice… There's too much going on and an unwieldy line-up of stars, including Kumail Nanjiani and James Acaster, but the familiar faces are pleasing in a sharp and funny, if not essential, series entry. 2023, 12, 115MIN

Puff out: Mckenna

FAMILY

Yogi Bear

6pm, Sky Adventure ★★★

Sex ●●● Violence ●●● Language ●●●

Yogi (voiced by Dan Aykroyd) and his sidekick Boo Boo (Justin Timberlake) have to combine forces with long-suffering Ranger Smith (Tom Cavanagh), his enthusiastic deputy (TJ Miller) and a documentary film-maker (Anna Faris) to stop conniving Mayor Brown (Andrew Daly) from selling off Jellystone Park. This mix of live action and animation will delight kids and there are lots of good-natured laughs. 2010, U, 80MIN

CLASSIC SCI-FI

The Man Who Fell to Earth

9pm, Sky Arts ★★★★

Sex ●●● Violence ●●● Language ●●●

David Bowie was an inspired choice to play an alien on Earth with a mission to save his drought-ridden planet in director Nicolas Roeg's flashy and mind-boggling sci-fi. The deliberately fragmented story has Bowie becoming a tycoon, only to be overwhelmed by the materialism and triviality of modern life. It's a super film, full of startling images, and Bowie's decline into despair is shattering. 1976, 18, 140MIN

HISTORICAL EPIC

Braveheart

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

While it plays fast and loose with historical fact, there is no denying that actor-director Mel Gibson's biopic of 13th-century Scots freedom fighter William Wallace has a genuine epic sweep. The film could have done with some judicious editing, but it picks up speed once Wallace and his ragtag army swing into action. It won a clutch of Oscars, including Best Picture and Director, but it is the battle scenes that really impress. 1995, 15, 177MIN

DRAMA

Dark River

12.25am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Long-estranged siblings Ruth Wilson and Mark Stanley wrangle for control of their family's struggling Yorkshire farm following their father's death. This powerful drama, written and directed by Clio Barnard, reveals the deep, dark causes behind the pair's disunity and, while things become too overwrought at the end, Wilson and Stanley are magnificent. 2017, 15, 90MIN

■ Full listings start on p85

Friday 4 April

ACTION

Fast X

From today, Netflix ★★★★

Sex ●●● Violence ●●● Language ●●●

'No one starts at the finish line!' growls Dominic Toretto (Vin Diesel) at son Brian (Leo Abelo Perry) in this latest entry to the vroom vroom saga. Director Louis Leterrier brings a welcome injection of inventiveness and energy to a series that was fading. It's *Fast Five* that provides the spark for this, as it returns to that film's Rio safe heist to reveal the unknown role played by one Dante Reyes (Jason Momoa). Turns out Dom robbed Dante's dad – and he has been hungry for vengeance ever since… 2023, 12, 131MIN

Ready for action: Vin

CRIME DRAMA

Layer Cake

9.30am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

Originally intended as a project for director Guy Ritchie, Matthew Vaughn's home-grown crime drama restored some much-needed credibility to the tarnished image of the British thriller thanks to a sharp, funny script by JJ Connolly (on whose novel the film is based) and some fine performances. Daniel Craig plays a slick drug dealer who finds himself in trouble when a deal over a mountain of ecstasy tablets goes badly awry. 2004, 15, 105MIN

CLASSIC MUSICAL

Singin' in the Rain

12.20pm, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

One of the greatest Hollywood musicals of all time and also one of the funniest films about film-making. Gene Kelly, co-directing with Stanley Donen, plays a matinee idol trying to weather the change from silent movies to talkies in the 1920s. The show-stopping moment, of course, is Gene and his brolly, but co-stars Debbie Reynolds, Donald O'Connor, Jean Hagen and Cyd Charisse are great value, too. 1952, U, 102MIN

HORROR

Us

11.40pm, BBC1 (12.10am Wls, 12.40am Scot, not NI) ★★★★

Sex ●●● Violence ●●● Language ●●●

Years after a terrifying childhood encounter in a fairground hall of mirrors, Lupita Nyong'o is in the area on holiday with hubby Winston Duke and kids Shahadi Wright Joseph and Evan Alex. But things take a terrifying turn when a strange family armed with scissors comes calling... Writer-director Jordan Peele's unsettling chiller piles on the terror and drops in humour, too, while the cast pulls out all the stops. 2019, 15, 116MIN

CLASSIC COMEDY

Withnail & I

1.50am, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

It's 1969 and Richard E Grant and Paul McGann are out-of-work actors living in a squalid London flat who go on holiday 'by mistake' to the Penrith cottage owned by Grant's eccentric uncle (Richard Griffiths). With three perfect stars and full of priceless, oft-quoted lines, writer-director Bruce Robinson's masterpiece is one of the best ever British comedies. 1986, 15, 107MIN

■ Full listings start on p95

Sport week

Your **ultimate guide** f the wee tion

Preston North End lifted the FA Cup in 1938

Can **Preston relive their glory years** with victory over Villa?

FA CUP quarter-finals

LIVE FOOTBALL

Saturday & Sunday, BBC1, BBC2 & ITV1

The world's oldest knockout competition reaches the last-eight phase over the weekend, with a trip to Wembley in touching distance for fans of the remaining clubs.

Here, we preview the four ties…

Saturday 29

Fulham v Crystal Palace

Kick-off 12.15pm, ITV1

The quarter-final action begins at Craven Cottage, where Fulham lost 2-0 to Palace in the league in February. The Eagles will hope to see the return of French striker Jean-Philippe Mateta after his horrific ear injury in the fifth-round win against Millwall, while Fulham's Bernd Leno was a penalty shoot-out hero at Old Trafford. Fulham are chasing only a third FA Cup semi-final appearance in 50 years, while Palace made the last four as recently as 2022.

Bernd Leno of Fulham

Brighton v Nottingham Forest

Kick-off 5.15pm, BBC1 (Wales, BBC2)

This could be an unmissable match-up between two of the Premier League's most entertaining teams. Forest defeated Ipswich on penalties in the last round in their bid to lift the trophy for the first time since 1959, while two-time Cup winner Danny Welbeck helped Brighton see off Newcastle. Fabian Hürzeler's team are now just two wins from reaching their first final since 1983 when the Seagulls lost to Manchester United in a replay. Is this the year the club claims its first major trophy?

Brighton's Danny Welbeck

Sunday 30

Preston North End v Aston Villa

Kick-off 1.30pm, BBC1

Preston are the only club outside the Premier League left in the competition and Deepdale will be full to the rafters on Sunday. The two-time winners defeated Villa on their way to lifting the Cup in 1938 with a team that included Bill Shankly, and the Lilywhites are back in the last eight for the first time since 1966. Strikers Emil Riis Jakobsen and Will Keane will be relishing facing Unai Emery's side, who could have one eye on their upcoming Champions League clash with PSG.

Manchester City's Nico O'Reilly

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY, SHUTTERSTOCK

Preston beat local rivals Burnley to reach this stage

THE MAIN EVENT

Villa striker Ollie Watkins

Bournemouth v Manchester City

Kick-off 4.30pm, ITV1

Manchester City remain the bookies' favourites, but Pep Guardiola's underperforming side – winners of the Cup twice since 2019 – needed a couple of goals from 19-year-old Nico O'Reilly to save their blushes against Plymouth in the fifth round. Manager Andoni Iraola's Bournemouth booked a place in the quarter-finals for only the third time in their history with a penalty shoot-out win over Wolves, and the Cherries will have confidence after beating City 2-1 at Dean Court in the league in November with goals from Antoine Semenyo and Evanilson.

Josh Kerr of Team GB (front)

LIVE ATHLETICS

Grand Slam Track series

Friday, TNT Sports & Discovery+

Sprint legend Michael Johnson is the organising brains behind this new big-money track series that's set to feature a host of world and Olympic champions including the USA's Sydney McLaughlin-Levrone and Fred Kerley. The elite league will consist of four three-day Slams running from April to June, with stops in Miami, Philadelphia and Los Angeles to follow this week's opener in Kingston, Jamaica. Britain's Josh Kerr, Daryll Neita, Zharnel Hughes and Matthew Hudson-Smith are among the 48 'racers' who will each compete in two events, with the overall Slam winners taking home a tidy $100,000.

Ilia Malinin of the United States

FIGURE SKATING

World Championships

Sunday, 12noon, BBC2

A highlights package of the annual world championships, staged this year in Boston (available live on BBC Red Button from Thursday 27 March). Among the reigning champions taking to the ice are the USA's Ilia Malinin, the only person ever to land the fiendishly difficult quadruple axel, and Japan's Kaori Sakamoto, who will be attempting to become the first woman in more than six decades to win four successive world titles. Meanwhile, Britain's Lilah Fear and Lewis Gibson compete in the ice dance after taking bronze at the recent European Championships in Estonia.

Northampton's Tom Seabrook

LIVE RUGBY UNION

European Champions Cup

Friday, kick-off 8pm, Premier Sports 1

The knockout stage begins at Franklin's Gardens as Northampton Saints host Clermont Auvergne in the round of 16. Phil Dowson's team topped Pool 3 thanks to a hat-trick from winger Tom Seabrook in a thrilling win over Munster, while French outfit Clermont finished fourth in Pool 2. Saints have played Clermont in European knockout ties twice during the past decade, losing in France both times.

Wales centre Hannah Jones

LIVE RUGBY UNION

Wales v England

Saturday, kick-off 4.45pm, BBC2 (Wales, BBC1)

In the second round of matches, Wales host reigning Women's Six Nations champions England at Cardiff's Principality Stadium in a game that could break the attendance record for a stand-alone women's fixture in Wales – which currently stands at 10,592. Coach Sean Lynn will be aiming to improve on last season's wooden-spoon finish with a team led by captain Hannah Jones and vice captain Keira Bevan.

Sport A-Z and football planner »»

TV&Satellite week

TRAVEL OFFERS

Music Thru The Decades at WARNER HOTELS

Over 40s only

Warner Bembridge Coast Hotel

- **Self Drive to hotel • 21 Nov 2025**
- **3 nights from £409PP**

Just £10PP deposit

- The Mia Mammas
- Boy Gorgeous' tribute to Boy George
- Badness' tribute to Madness
- The Boulevards • The 60s Supreme
- Earth Wind for Hire • Country Joe
- The Decades Band • From The Gap
- Jake & Elwood's Blues Brothers tribute
- Masterpiece • Union Gap UK
- The GN A Team

Warner Nidd Hall Harrogate

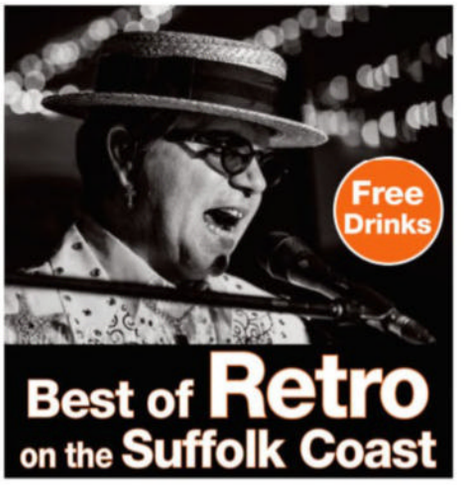
- **Self Drive to hotel**
- **12 Jan 2026 • 4 nights from £529PP**

- James Williams Showband
- From the Gap • The Moondogs
- Badness' Madness tribute
- Paul Reason as Neil Diamond
- Maxine Mazumder as Dusty
- Billy Shannon • The Revolvers
- The Chapman Twins
- Jamie Thurston of Herman's Hermits
- Joanna James - 60s & 70s Fever
- Roy Carter of Heatwave
- Christopher Gee's impressions show
- New Year Party with Rich Mix & Keith Slater
- Showmaddymaddy • The GN A Team

Warner Norton Grange

- **Self Drive to resort**
- **5 May 2025 • 4 nights from £489PP**

- Andrew Browning as George Michael
- The Beached Boys • ET as Bob Marley
- The 60s Explosion • Billy Shannon
- Evah Morgan's Aretha Franklin RESPECT Show • The Firebirds • The Remakes
- Maxine Mazumder as Dusty
- Soul Kinda Wonderful's Drifters tribute
- The Wild Murphys • Uche Eke
- Martin Cox sings his favourites
- Ian Larkin - The Cheekie Chappie
- Sounds Imperial • Nancy Ann Lee
- Country Joe • The GN A Team



Warner Corton, Lowestoft

- **Self Drive to resort • 28 April 2025**
- **4 nights from £479PP**

- Martin Cox as Elton John
- Boy Gorgeous' tribute to Boy George
- James Williams Showband
- Badness' tribute to Madness
- The Wild Murphys • Straight Circles
- The Hijacked Hollies • Uche Eke
- Showmaddymaddy • ET as Bob Marley
- Red Mick's Simply Red tribute
- Suzy Hopwood's Kylie Minogue tribute
- This is Tina Turner - Keri Whip
- Sky High • The GN A Team

ALL HOLIDAYS INCLUDE • Entertainment daytime & evenings with all *acts stated • Breakfasts & Dinners • Free selected drinks from 6pm to midnight every night • Standard en-suite accommodation at the stated Warner hotel/resort (singles and upgrades available) • Car parking • Car ferry with Isle of Wight breaks

GN Holidays & Voyages — QUALITY HOLIDAYS SINCE 1997

Call 01895 83 33 33

9am to 5.30pm weekdays. Book online at **gnholidays.com**

ABTA Y0291 — 100% FINANCIAL PROTECTION

GOLD BRITISH TRAVEL AWARDS 2024

Holidays operated by GN Holidays & Voyages (ABTA Y0291), a company wholly independent of Future Publishing. These private events cannot be booked direct with Warner. Prices shown are per person and based on two people sharing a standard twin or double bedded chalet/room - singles and upgrades available. £10pp deposit or full amount if booking less than 12 weeks to departure. We reserve the right to change acts performing. Over 40s only.

Sport week A-Z GUIDE

ATHLETICS

LIVE Grand Slam Track series
Fri 11pm TNT Sports & Discovery+
From Kingston, Jamaica. See p29.

AUSTRALIAN RULES

LIVE Hawthorn Hawks v GWS Giants
Sat 8.30am TNT Sports 1

LIVE Adelaide Crows v North Melbourne Kangaroos
Sat 5am TNT Sports 1

LIVE West Coast Eagles v Fremantle Dockers
Sun 8am TNT Sports 1

LIVE Collingwood Magpies v Carlton Blues
Thu 9.30am TNT Sports 1

LIVE Geelong Cats v Melbourne Demons
Fri 9.30am TNT Sports 1

LIVE Gold Coast Suns v Adelaide Crows
Fri 3am TNT Sports 4

BASEBALL

LIVE St Louis Cardinals v Minnesota Twins
Sat 6pm TNT Sports 3

LIVE Houston Astros v New York Mets
Sat 11pm TNT Sports 3
The MLB inter-league game.

LIVE Kansas City Royals v Cleveland Guardians
Sun 7pm TNT Sports 4
The MLB American League match.

LIVE San Diego Padres v Atlanta Braves
Sun 12m't TNT Sports 1

LIVE Houston Astros v San Francisco Giants
Mon 1am TNT Sports 2

LIVE New York Yankees v Arizona Diamondbacks
Tue 12m't TNT Sports 3

LIVE Milwaukee Brewers v Kansas City Royals
Wed 6pm TNT Sports 1

LIVE Miami Marlins v New York Mets
Wed 9.30pm TNT Sports 1
The MLB National League match.

LIVE Philadelphia Phillies v Colorado Rockies
Thu 6pm TNT Sports 2

LIVE Boston Red Sox v St Louis Cardinals
Fri 7pm TNT Sports 1
The MLB inter-league fixture.

SUBSCRIPTION OFFER
6 issues for £1*
ONLY 17p AN ISSUE

visit: tvsatsubs.co.uk/D67K
Terms and Conditions: *Offer closes 31 October 2025. After your first six issues, your subscription will continue on at £31.25 every three months. For full T&Cs, visit magazinesdirect.com/terms.

Darts
Luke Littler will be one of the stars on show as the Premier League heads to Berlin

BASKETBALL

LIVE Orlando Magic v Sacramento Kings
Sat 9pm TNT Sports 4

LIVE Memphis Grizzlies v Los Angeles Lakers
Sat 12m't TNT Sports 4

LIVE Cleveland Cavaliers v Los Angeles Clippers
Sun 8.30pm TNT Sports 3

LIVE Memphis Grizzlies v Boston Celtics
Mon 12.30am TNT Sports 1

LIVE Los Angeles Lakers v Houston Rockets
Mon 3am TNT Sports 1

LIVE New York Knicks v Philadelphia 76ers
Tue 12.30am TNT Sports 1

LIVE Denver Nuggets v Minnesota Timberwolves
Tue 3am TNT Sports 1

LIVE Cleveland Cavaliers v New York Knicks
Wed 12m't TNT Sports 2 & 12.45am TNT Sports 1

LIVE Philadelphia 76ers v Milwaukee Bucks
Thu 12.30am TNT Sports 1

LIVE Los Angeles Lakers v Golden State Warriors
Thu 3am TNT Sports 1

BOXING

LIVE Mikaela Mayer v Sandy Ryan
Sat 12m't Sky Sports Action & 2am Sky Sports Main Event

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 9pm TNT Sports 1

LIVE Brandon Moreno v Steve Erceg
Sat 11pm TNT Sports 1
The flyweight bout from Arena CDMX.

CRICKET

LIVE Gujarat Titans v Mumbai Indians
Sat 1.50pm Sky Sports Cricket

LIVE Delhi Capitals v Sunrisers Hyderabad
Sun 10.50am Sky Sports Cricket

LIVE Rajasthan Royals v Chennai Super Kings
Sun 3pm Sky Sports Cricket

LIVE Mumbai Indians v Kolkata Knight Riders
Mon 2.50pm Sky Sports Cricket & 3pm Sky Sports Main Event

LIVE Lucknow Super Giants v Punjab Kings
Tue 2.50pm Sky Sports Cricket & 3pm Sky Sports Main Event

LIVE New Zealand v Pakistan
Tue 10.30pm TNT Sports 2
The second ODI at Seddon Park.

LIVE Royal Challengers Bengaluru v Gujarat Titans
Wed 2.50pm Sky Sports Cricket & 3pm Sky Sports Main Event

LIVE Kolkata Knight Riders v Sunrisers Hyderabad
Thu 2.50pm Sky Sports Cricket & 3pm Sky Sports Main Event

LIVE Lucknow Super Giants v Mumbai Indians
Fri 2.50pm Sky Sports Cricket & 3pm Sky Sports Main Event

LIVE New Zealand v Pakistan
Fri 10.30pm TNT Sports 2
The third and final ODI at Bay Oval.

CURLING

LIVE Scotland v Japan
Sun 4.15pm TNT Sports 3

LIVE Sweden v Scotland
Thu 4pm TNT Sports 1

LIVE Germany v Italy
Thu 9pm TNT Sports 1

LIVE Scotland v Germany
Fri 4pm TNT Sports 1

CYCLING

LIVE Tour of Catalunya
Sat 2.15pm & Sun 11.15am TNT Sports 4; Sun 11am TNT Sports 1
The sixth and seventh stages.

LIVE Gent Wevelgem
Sun 1.15pm TNT Sports 4

LIVE Dwars door Vlaanderen
Wed 1.15pm TNT Sports 1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Action & 10pm Sky Sports Main Event

GOLF

LIVE Hero Indian Open
Sat 8am & Sun 7.30am Sky Sports Main Event & Sky Sports Golf
Days three and four in Gurgaon.

LIVE Houston Open
Sat 3pm & 9pm, Sun 10pm Sky Sports Main Event; Sat 3pm & Sun 4pm Sky Sports Golf
The third and fourth days from Memorial Park Golf Course.

LIVE Ford Championship
Sat 10pm & Sun 11pm Sky Sports Main Event & Sky Sports Golf
Days three and four in Arizona.

LIVE Augusta National Women's Amateur
Wed & Thu 6.30pm Sky Sports Golf
Days one and two in Georgia.

LIVE T-Mobile Match Play
Wed 11pm, Thu & Fri 12m't Sky Sports Golf; Thu & Fri 12m't Sky Sports Main Event
Days one to three at Shadow Creek.

LIVE Valero Texas Open
Thu 1.15pm & 11pm, Fri 1.15pm & 10.30pm Sky Sports Main Event; Thu 1.15pm & 8.30pm, Fri 1.15pm & 9pm Sky Sports Golf
Days one and two at TPC San Antonio.

HORSE RACING

LIVE Doncaster
Sat 1pm ITV4

LIVE Grand National Festival
Thu & Fri 1.30pm ITV1
Days one and two from Aintree.

ICE HOCKEY

LIVE Los Angeles Kings v Toronto Maple Leafs
Sat 11pm Premier Sports 2

LIVE Edmonton Oilers v Calgary Flames
Sat 3am Premier Sports 1

LIVE Anaheim Ducks v Toronto Maple Leafs
Sun 1am Premier Sports 1

LIVE Philadelphia Flyers v Nashville Predators
Mon 12m't Premier Sports 2

LIVE Colorado Avalanche v Calgary Flames
Mon 1.30am Premier Sports 1

LIVE Montreal Canadiens v Florida Panthers
Tue 12m't Premier Sports 2

LIVE Vegas Golden Knights v Edmonton Oilers
Tue 3am Premier Sports 1

LIVE New York Rangers v Minnesota Wild
Wed 12m't Premier Sports 1

LIVE Toronto Maple Leafs v Florida Panthers
Wed 12.30am Premier Sports 2

LIVE Ottawa Senators v Tampa Bay Lightning
Thu 12m't Premier Sports 2

LIVE San Jose Sharks v Edmonton Oilers
Thu 3.30am Premier Sports 1

LIVE Washington Capitals v Chicago Blackhawks
Fri 12m't Premier Sports 1

LIVE Detroit Red Wings v Carolina Hurricanes
Fri 12m't Premier Sports 2

MOTORCYCLING

LIVE Superbike World Championship
Sat & Sun 10.30am & 12noon TNT Sports 3

LIVE Grand Prix of the Americas Moto2 and Moto3 second practices
Sat 1.30pm TNT Sports 2

LIVE Grand Prix of the Americas MotoGP qualifying
Sat 3.45pm TNT Sports 2

LIVE Grand Prix of the Americas Moto2 and Moto3 qualifying sessions
Sat 5.45pm TNT Sports 2

LIVE Grand Prix of the Americas MotoGP sprint race
Sat 7.45pm TNT Sports 2

LIVE Grand Prix of the Americas MotoGP warm-up
Sun 3.30pm TNT Sports 2

LIVE Grand Prix of the Americas Moto3 race
Sun 4pm TNT Sports 2

LIVE Grand Prix of the Americas Moto2 race
Sun 6pm TNT Sports 2

LIVE Grand Prix of the Americas MotoGP race
Sun 7.15pm TNT Sports 2

MOTORSPORT

LIVE Ferrari Challenge
Sat & Sun 12.50pm, 2.05pm & 3.20pm Sky Sports F1

LIVE Formula 1
Thu 3am, Fri 6.45am & 3.15am Sky Sports Main Event & Sky Sports F1
The Japanese Grand Prix practice sessions staged at Suzuka Circuit.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2

RUGBY LEAGUE

LIVE Cronulla-Sutherland Sharks v Canterbury Bulldogs
Sat 8.35am Sky Sports Action

LIVE Wests Tigers v New Zealand Warriors
Sun 8.15am Sky Sports Action

RUGBY UNION

LIVE Crusaders v Moana Pasifika
Sat 6am Sky Sports Action

LIVE HSBC SVNS
Sat 7am, 11am & 3am, Sun 10am TNT Sports 2; Thu & Fri 3.45am TNT Sports 3

LIVE Queensland Reds v Western Force
Sat 8.30am Sky Sports Mix

LIVE Bulls v Zebre
Sat 12.40pm Premier Sports 1

LIVE Connacht v Munster
Sat 2pm Premier Sports 2 (kick-off 2.30pm) The United Rugby Championship game.

Sport A-Z and football planner >>>

Don't miss out on your favourite magazines!

ON SALE EVERY WEEK!

Also available as a print or digital subscription from magazinesdirect.com

Woman's Own woman Woman's Weekly

LIVE Bath v Harlequins
Sat 2.30pm TNT Sports 1 (kick-off 3.05pm) The Premiership match at the Recreation Ground.

LIVE Scarlets v Ospreys
Sat 2.45pm S4C & 2.55pm Premier Sports 1 (kick-off 3pm)

LIVE Wales v England
Sat 4.15pm BBC2 (Wales, BBC1) kick-off 4.45pm)
The Women's Six Nations match from Principality Stadium. See p29.

LIVE Sharks v Leinster
Sat 5pm Premier Sports 2 (kick-off 5.15pm)

LIVE Gloucester v Bristol Bears
Sat 5.15pm TNT Sports 1 (kick-off 5.30pm) Premiership game.

LIVE Benetton v Cardiff
Sat 7.15pm S4C & 7.30pm Premier Sports 2 (kick-off 7.35pm)

LIVE Glasgow Warriors v Lions
Sat 7pm Premier Sports 1 (kick-off 7.35pm)

LIVE Leicester Tigers v Saracens
Sun 2.30pm TNT Sports 1 (kick-off 3pm) Premiership match.

LIVE Italy v Ireland
Sun 2.45pm BBC2 (N Ireland only) (kick-off 3pm) The Women's Six Nations match from Parma, Italy.

LIVE Racing 92 v Bordeaux
Sun 8pm Premier Sports 1

LIVE Chiefs v Queensland Reds
Fri 7am Sky Sports Action

LIVE Northampton Saints v Clermont Auvergne
Fri 7pm Premier Sports 1 (kick-off 8pm) The Champions Cup game at Franklin's Gardens. See p29.

LIVE Pau v Bath
Fri 7.30pm Premier Sports 2 (kick-off 8pm) Challenge Cup last-16.

LIVE Moana Pasifika v NSW Waratahs
Fri 2am Sky Sports Action

LIVE Fijian Drua v Crusaders
Fri 4.30am Sky Sports Action

SKIING

LIVE Ski Jumping
Sat 8.30am TNT Sports 3 & Sun 8.15am TNT Sports 4

LIVE Freestyle Skiing
Sat 6.30pm & Sun 10.30am TNT Sports 4; Sun 12.15pm & 1.30pm TNT Sports 2

LIVE Ski Mountaineering
Fri 11am TNT Sports 4

SNOOKER

LIVE Tour Championship
Mon-Fri 12.45pm & 6.45pm ITV4

TENNIS

LIVE Miami Open
Sat 4.30pm & Sun 5.30pm Sky Sports Tennis; Sat 7.30pm & Sun 7pm Sky Sports Main Event

LIVE ATP Bucharest Open
Mon-Thu 10.30am, Fri 9am Sky Sports Tennis

LIVE US Men's Clay Court Championship
Mon-Wed 3am Sky Sports Main Event; Mon-Thu 3am Sky Sports Tennis

WINTER SPORTS

LIVE Snowboarding
Sat 9am TNT Sports 4

Football planner

Saturday 29

LIVE Sydney FC v Melbourne City
6am TNT Sports 4 (kick-off 6am)
The A-League fixture from Sydney.

LIVE Watford v Plymouth Argyle
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The Championship match staged at Vicarage Road.

LIVE Fulham v Crystal Palace
11.30am ITV1 (kick-off 12.15pm)
The FA Cup quarter-final staged at Craven Cottage, as the Cottagers and Eagles meet in this competition for the first time since the 1906/07 season. See p28.

LIVE Hull City v Luton Town
12.25pm Sky Sports+ (kick-off 12.30pm)
The Championship match staged at MKM Stadium.

LIVE Brighton & Hove Albion v Nottingham Forest
5pm BBC1 (Wales, BBC2) (kick-off 5.15pm)
The FA Cup quarter-final staged at AMEX Stadium. This is the third meeting of the season between the Premier League rivals, and the hosts will know they need to perform much better than they did in their trip to the City Ground last month when they were on the wrong end of a 7-0 result. See p28.

LIVE Dundee v Rangers
5pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm)
Scottish Premiership game from Scot Foam Stadium at Dens Park.

LIVE Eintracht Frankfurt v VfB Stuttgart
5.20pm Sky Sports+ (kick-off 5.30pm)
The Bundesliga match staged at Deutsche Bank Park.

LIVE Kansas City Current v Utah Royals FC
11.30pm TNT Sports 2 (kick-off 11.30pm)
NWSL match from CPKC Stadium.

LIVE Wellington Phoenix Women v Melbourne City Women
4am TNT Sports 4 (kick-off 4am)
The A-League match in Porirua.

LIVE Central Coast Mariners v Perth Glory
5am TNT Sports 3 (kick-off 5am)
The A-League game from Gosford.

Sunday 30

LIVE Newcastle Jets Women v Western United Women
6am TNT Sports 4 (kick-off 6am)
The A-League match.

LIVE Brisbane Roar v Auckland FC
7am TNT Sports 3 (kick-off 7am)
The A-League game in Brisbane.

LIVE Getafe v Villarreal
12.55pm Premier Sports 2 (kick-off 1pm)
LaLiga match at Estadio Coliseum.

LIVE Preston North End v Aston Villa
1.15pm BBC1 (kick-off 1.30pm)
FA Cup quarter-final at Deepdale.

LIVE PREMIER LEAGUE

Nottingham Forest v Manchester United

Tue, kick-off 8pm, TNT Sports 1

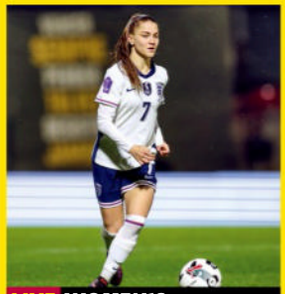
Forest midfielder Morgan Gibbs-White will be targeting a Champions League place following his call-up to Thomas Tuchel's first England squad. Boss Nuno Espirito Santo has now been in charge at the City Ground for 50 Premier League matches, winning 22 of them.

LIVE PREMIER LEAGUE

Liverpool v Everton

Wednesday, kick-off 8pm, Sky Sports Main Event & Sky Sports Premier League

The EFL Cup may have eluded Liverpool, but the Premier League title looks a certainty. Rivals Everton took a point off Arne Slot's side in a thrilling 2-2 draw at Goodison Park in February via a last-minute James Tarkowski equaliser.



LIVE WOMEN'S NATIONS LEAGUE

England v Belgium

Friday, kick-off 8pm, ITV1

Bristol City's Ashton Gate is the venue for the Lionesses' third Nations League fixture after Jess Park helped secure a 1-0 win over Spain. Also today: Wales v Denmark (7.15pm, BBC1 in Wales & BBC iPlayer) and Scotland v Germany (7.35pm, BBC Alba & iPlayer).

LIVE Leicester City v Tottenham Hotspur
1.30pm Sky Sports Main Event, Sky Sports Football & Sky Showcase (kick-off 2pm)
WSL game at King Power Stadium.

LIVE Rangers v Hearts
1.50pm BBC Alba (kick-off 2pm)
The SWPL match from Ibrox.

LIVE Ross County v Dundee United
2pm Premier Sports 1 (kick-off 2.30pm)
The Scottish Premiership match staged at Global Energy Stadium.

LIVE SC Freiburg v FC Union Berlin
2.20pm Sky Sports+ (kick-off 2.30pm)
The Bundesliga match staged at Europa-Park Stadion.

LIVE Barcelona v Girona
3.10pm Premier Sports 2 (kick-off 3.15pm)
The LaLiga fixture staged at Estadi Olimpic Lluis Companys.

LIVE Bournemouth v Manchester City
3.45pm ITV1 (kick-off 4.30pm)
The FA Cup quarter-final at Vitality Stadium. Bournemouth edged past Wolves on penalties in the previous round and will now be looking to emulate their 2-1 win over City in the Premier League in November.

LIVE Queen's Park v Livingston
4pm BBC Alba (kick-off 4.10pm)
The SPFL Challenge Cup final.

LIVE Chelsea v West Ham United
4pm Sky Sports Main Event, Sky Sports Football & Sky Showcase (kick-off 4.30pm)
The WSL match at Kingsmeadow.

LIVE Borussia Dortmund v FSV Mainz 05
4.30pm Sky Sports+ (kick-off 4.30pm)
The Bundesliga fixture staged at Signal Iduna Park.

LIVE Valencia v Mallorca
5.25pm Premier Sports 2 (kick-off 5.30pm)
The LaLiga match from Mestalla.

LIVE Napoli v AC Milan
7.30pm TNT Sports 1 (kick-off 7.45pm)
The Serie A game from Stadio Diego Armando Maradona.

LIVE Real Betis v Sevilla
7.55pm Premier Sports 2 (kick-off 8pm)
The LaLiga match staged at Estadio Benito Villamarin.

Monday 31

LIVE Baller League
5pm Sky Sports Football & Sky Sports Mix
The second round of the season from Copper Box Arena in London.

LIVE Cadiz v Eibar
7.25pm Premier Sports 2 (kick-off 7.30pm)
LaLiga 2 game at Nuevo Mirandilla.

LIVE Lazio v Torino
7.30pm TNT Sports 1 (kick-off 7.45pm)
Serie A match at Stadio Olimpico.

LIVE Celta Vigo v Las Palmas
7.55pm Premier Sports 1 (kick-off 8pm) LaLiga match.

Tuesday 1

LIVE Nottingham Forest v Manchester United
7pm TNT Sports 1 (kick-off 8pm)
The Premier League match staged at The City Ground.

LIVE Bristol Rovers v Birmingham City
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The League One match staged at Memorial Stadium.

LIVE Cambridge United v Wrexham
7.35pm Sky Sports+ (kick-off 7.45pm)
League One game at Abbey Stadium.

LIVE Arminia Bielefeld v Bayer Leverkusen
7.40pm Premier Sports 2 (kick-off 7.45pm)
The German Cup semi-final.

LIVE Real Madrid v Real Sociedad
8.25pm Premier Sports 1 (kick-off 8.30pm)
The Copa Del Rey semi-final second leg from Bernabeu.

Wednesday 2

LIVE Liverpool v Everton
7pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
Premier League match at Anfield.

LIVE Derby County v Preston North End
7.35pm Sky Sports+ (kick-off 7.45pm)
Championship game at Pride Park.

LIVE AC Milan v Inter Milan
7.55pm Premier Sports 2 (kick-off 8pm)
The Coppa Italia semi-final first leg.

LIVE Atlético Madrid v Barcelona
8.25pm Premier Sports 1 (kick-off 8.30pm)
Copa Del Rey semi-final second leg.

Thursday 3

LIVE Chelsea v Tottenham Hotspur
7.30pm Sky Sports Main Event & Sky Sports Premier League (kick-off 8pm)
The Premier League match staged at Stamford Bridge.

Friday 4

LIVE Brisbane Roar v Macarthur FC
9.30am TNT Sports 2 (kick-off 9.35am)
The A-League match in Brisbane.

LIVE Wales v Denmark
7pm BBC1 (Wales only) & BBC iPlayer (kick-off 7.15pm)
Women's Nations League Group A4 match at Cardiff City Stadium.

LIVE FC Augsburg v Bayern Munich
7.20pm Sky Sports Mix (kick-off 7.30pm)
Bundesliga game at WWK ARENA.

LIVE Scotland v Germany
7.25pm BBC Alba & BBC iPlayer (kick-off 7.35pm)
Women's Nations League Group A1 fixture staged at Tannadice Park.

LIVE England v Belgium
7.30pm ITV1 (kick-off 8pm)
Both teams' third Women's Nations League Group A3 match staged at Ashton Gate in Bristol.

LIVE Blackburn Rovers v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
Championship game at Ewood Park.

LIVE Auckland FC v Western Sydney Wanderers
5am TNT Sports 1 (kick-off 5am)
The A-League match in Auckland.

PHOTOS: GETTY

6 issues for £1

NEW DIGITAL ACCESS** included with your subscription

4 easy ways to subscribe

MAIL coupon below **VISIT** tvsatsubs.com/D67J **CALL** 0330 333 1113 **SCAN** QR code

Complete this coupon and send to: FREEPOST Future Publishing Limited (No further address needed. No stamp required – for UK only)

☐ ***YES!*** *I would like to subscribe to TV & Satellite Magazine*

CODE D67J

CHOOSE FROM TWO EASY PAYMENT OPTIONS:

1. UK DIRECT DEBIT: 6 issues for £1*, followed by £31.25 every 3 months (12 issues), saving 28%†

For office use only: Originator's Reference – 173594

Name of bank:

Address of bank:

Postcode:

Name of account holder:

Sort code: ☐☐-☐☐-☐☐ Account no: ☐☐☐☐☐☐☐☐

DIRECT Debit *Instruction to your bank or building society: Please pay Magazines Direct from the account detailed on this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Magazines Direct and, if so, details will be passed electronically to my bank or building society.*

Signature *(I am over 18)*

Date:

THE DIRECT DEBIT GUARANTEE · This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit, Magazines Direct will notify you 3 working days in advance of your account being debited or as otherwise agreed. If you request Magazines Direct to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit by Magazines Direct or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Magazines Direct instructs. You can cancel a Direct Debit at any time by simply contacting your bank or building society, please notify us in advance as written confirmation may be required

2. CREDIT/DEBIT CARD/CHEQUE/POSTAL ORDER/CASH
(Circle Option)

PLEASE TICK OFFER THAT APPLIES:

☐ **UK 1-year** Pay Only £134.49 for 12 months, saving 23%†

☐ **UK 2-year** Pay Only £249.99 for 24 months, saving 28%†

PAYMENT DETAILS

☐ Payment Enclosed: £ _____

☐ Charge My *(please circle)*

Visa / Mastercard / Amex :£ _____ Only

Card no: ☐☐☐☐-☐☐☐☐-☐☐☐☐-☐☐☐☐

Expiry date ☐☐/☐☐

Signature *(I am over 18)*

Date:

TERMS AND CONDITIONS: Offer closes 31 October 2025. Offer open to new UK subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue at £31.25 payable every 3 months (12 issues) by UK Direct Debit. †Savings based on single copy price, 51 issues per year. The subscription rate includes postage and packaging. If the magazine ordered changes frequency per annum, we will honour the number of issues paid for, not the term of the subscription. Price is guaranteed for the first 6 months, please allow up to 6 weeks for the delivery of your first subscription issue (up to 8 weeks overseas). Payment is non-refundable after the 14-day cancellation period. **Access to the digital library will end with your subscription. For full terms and conditions, visit www.magazinesdirect.com/terms. For UK enquiries please call: +44 (0) 330 333 1113. Lines are open Monday-Friday 8:30am-7pm, Saturday 10am-3pm UK Time (excluding Bank Holidays) or email: help@magazinesdirect.com. Calls to 0330 numbers will be charged at no more than a national landline call, and may be included in your phone provider's call bundle.

SHIPPING DETAILS OF SUBSCRIPTION *(yourself or gift recipient)*
To give more than one subscription, please give address details on a separate sheet.

Mrs/Miss/Ms/Mr *(please circle)*

Forename:

Surname:

Address:

Postcode:

BILLING DETAILS

Mrs/Miss/Ms/Mr *(please circle)*

Forename:

Surname:

Address:

Postcode:

Home Telephone: *(inc area code)*

Mobile:

E-mail:

☐ *Please keep me up to date with special offers and news just by email from carefully selected companies. Your personal details will not be shared with those companies - we send the emails and you can unsubscribe at any time.*

*By submitting your information, you agree to our Privacy Policy available at www.futureplc.com/privacy-policy/. Please keep me up to date with special offers and news from **TV & Satellite** and other brands within the Future Publishing Ltd Group by ☐ email, ☐ post, ☐ telephone and/or ☐ SMS. You can unsubscribe at any time.*

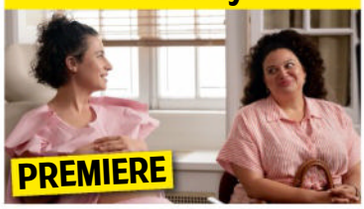
Saturday

CHANGE YOUR CLOCKS... Don't forget that the clocks go forward one hour at 1am tonight

29 March

Evening Planner

Comedy



Babes
Sky Premiere, 1.05pm & 6.10pm
Ilana Glazer and Michelle Buteau star as friends navigating the best and worst bits of becoming and being a mum.

Football

FA Cup Quarter Finals
BBC1 & ITV1
Coverage of Fulham v Crystal Palace (ITV1, k-o 12.15pm) and Brighton v Nottingham Forest (BBC1, 5.15pm).

Rugby Union

Women's Six Nations: Wales v England
BBC2, k-o 4.45pm
The second-round match between Wales and reigning champions England.

Music

Eric Clapton at the BBC
BBC2, 8.15pm
The guitarist turns 80 tomorrow and, to celebrate, the BBC have put together this selection of archive performances.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	◂ 5.00 Match of...	7.30 The Weakest Link	8.15 Casualty		9.05 Dope Girls		10.00 News	10.20 Film: The Martian †
	102 BBC2	7.00 Saving...	7.25 The Emerald Isles	8.15 Eric Clapton at the BBC		9.15 Eric Clapton: Old Grey Whistle Test			10.20 Eric Clapton: Life in 12...
	103 ITV1	7.00 Britain's Got Talent		8.20 The 1% Club		9.20 The Jonathan Ross Show			10.25 News
	104 CHANNEL 4		7.10 Our Dream Farm with Matt...	8.00 Ancient Greece by Train with Alice Roberts		9.15 Film: Mrs Harris Goes to Paris			
	105 5	◂ 6.50 Sandringham with Nigel Havers		8.15 Portugal with Michael Portillo		9.15 The Palace: What the Royal Servants...			10.15 When TV Goes Horribly...
	106 SKY SHOWCASE	7.00 Ramses the Great: King of Ancient Egypt		8.00 Whale with Steve Backshall		9.00 Film: John Wick: Chapter 2			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 Two Pints of Lager and a Packet of Crisps			
	116 BBC4		7.15 All Creatures Great and Small			9.00 Wogan: The Best Of	9.45 Wogan		10.25 One On One...
	118 ITV2	◂ 6.25 Film: Ghostbusters				9.00 Film: Mr & Mrs Smith			
	136 MORE4	◂ 6.50 Four in a Bed		7.55 999: On the Front Line		9.00 24 Hours in A&E			
	135 E4	◂ 6.45 Film: Raiders of the Lost Ark				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 The Cleaning Lady		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.45 Game of Thrones		7.50 Chernobyl		9.00 Small Town, Big Story		10.00 The White Lotus	
	110 U&GOLD	◂ 6.25 Only Fools and Horses					9.40 Men Behaving Badly		
	111 U&DAVE		7.20 Would I Lie to You?...	8.00 Special Ops: Crime Squad UK		9.00 Not Going Out			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	◂ 6.45 Sharpe				9.00 English Football League Highlights			10.30 An Audience...
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Film: Happy Gilmore			
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Stargate – Ark of Truth			
	113 SKY MAX	7.00 The Walking Dead		8.00 A League of Their Own: The Rally		9.00 Small Town, Big Story		10.00 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Father Brown				9.00 Death in Paradise			
	130 SKY ARTS	7.00 Elvis Presley: The Early Years		8.00 When Elvis Met Priscilla		9.00 Elvis: Tortured Soul			10.20 Elvis Presley: Aloha...
	132 U&W	7.00 Outnumbered				9.00 Miranda			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers		8.00 Harpoon Hunters		9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Alaska: Surviving the Last Frontier	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 David Blaine Do Not Attempt	
	123 SKY HISTORY	7.00 Egypt's Unexplained Files				9.00 Missing Presumed Dead			
	155 U&YESTERDAY	◂ 6.20 James May's Toy Stories		8.20 Bangers & Cash					
	121 SKY DOCS	7.00 Bobby Robson: More Than a Manager				9.00 Hatton			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.10 Babes		8.00 It Ends with Us					10.20 Horizon: An American...
	302 BOOKS TO SCREEN	◂ 6.15 I Am Legend		8.00 The Meg				10.00 Meg 2: The Trench	
	303 HITS	◂ 6.00 Barbie		8.00 The Truman Show				10.00 You've Got Mail	
	304 GREATS	◂ 6.15 The Italian Job		8.00 Forrest Gump					10.25 Ghost
	305 ANIMATION	◂ 5.50 Despicable Me	7.30 Despicable Me 2			9.10 Over the Hedge			10.35 Two by Two
	306 FAMILY	◂ 6.30 Angus, Thongs and Perfect Snogging		8.20 The Flintstones				10.00 The Flintstones in Viva Rock Vegas	
	307 ACTION	◂ 6.10 The Bourne Supremacy		8.00 The Bourne Ultimatum				10.00 The Bourne Legacy	
	308 COMEDY	◂ 6.25 National Security		8.00 Disaster Movie			9.30 Seven Psychopaths		
	309 GANGSTERS	◂ 5.00 The Godfather		8.00 The Godfather Part II					
	310 DRAMA	◂ 5.45 A Good Person		8.00 Oppenheimer					
	311 SCI-FI	◂ 6.10 The First Purge		8.00 Ready Player One					10.20 Hannibal Rising
	313 FILM4	◂ 6.10 Clear and Present Danger				9.00 The Predator			
SPORT	401 MAIN EVENT	◂ 5.00 SPFL – Live	7.30 Tennis – Live: The Miami Open women's final			9.00 PGA Tour Golf – Live		10.00 LPGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 Sticker Book	7.30 The Big Padel...	8.00 Chasing the Dream				10.00 Class of '92: Full Time	
	403 FOOTBALL	◂ 5.00 SPFL – Live: Dundee v Rangers		8.00 Bundesliga				10.00 EFL Highlights	
	404 CRICKET	7.00 IPL							
	410 TNT SPORTS 1	◂ 5.15 Premiership Rugby Union – Live		8.00 One Day International Cricket		9.00 UFC – Live: Coverage of the preliminary bouts from UFC Fight Night			
	411 TNT SPORTS 2	◂ 5.45 MotoGP – Live	7.45 MotoGP – Live (Start-time 8.00)		8.45 Superbike World...		9.30 Gallagher Premiership Rugby Union		

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

CHANGE YOUR CLOCKS... Don't forget that the clocks go forward one hour at 1am tonight

Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Natalie Cassidy. (S)
11.30 **Football Focus** (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Money for Nothing** (S)(R)
2.15 **Escape to the Country** (S)(R)(AD)
3.15 FILM **Shrek** Animated comedy adventure featuring the voices of Mike Myers and Eddie Murphy. (S)(AD) (2001, U, 85min) ★★★★★
4.40 **BBC News** (S)
4.50 **Local News** (S)
5.00 LIVE **Match of the Day: The FA Cup** Brighton & Hove Albion v Nottingham Forest: Gary Lineker presents coverage of the quarter-final, which takes place at the AMEX Stadium. Kick-off is at 5.15. *See feature, page 28*. (S)

9.05 Dope Girls

6 PM
LIVE **Match of the Day: The FA Cup** (started at 5.00pm)

7 PM
7.30 **The Weakest Link** New edition Keith Duffy, Rachel Riley, Amy Gledhill, Ching He Huang, Konan, Rory Bremner, Bonnie Langford and Chris Harris compete to win a potential prize pot of £50,000 for their chosen charities. (S)

8 PM
8.15 **Casualty** Stevie tries to escape the chaos of the ED and get to a gynaecology appointment, where a series of tests and scans reveal that her cyst needs to be removed. (S)(AD)

9 PM
9.05 **Dope Girls** Series finale 6/6. As the club prepares for a defining night, Kate finds unexpected allies in her pursuit of power, and Violet seeks revenge. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.20 FILM **The Martian** Director Ridley Scott's sci-fi drama based on the novel by Andy Weir, starring Matt Damon, Jessica Chastain, Kristen Wiig and Chiwetel Ejiofor. An astronaut left stranded on Mars has to find a way to survive for years on meagre resources. (S)(AD) (2015, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **(GMT) to 6.00** AM **(BST) BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.40 AM **Children's Programmes**
9.30 **Gardeners' World** (S)(R)
10.30 **Earth's Natural Wonders** (S)(R)
11.30 **Nadiya's Simple Spices** (S)(R)(AD)
12.00 NOON **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
1.00 PM **Natural World: Prairie Dogs – Talk of the Town** (S)(R)
1.45 FILM **How the West Was Won** Epic Western chronicling the development of the American frontier. Stars James Stewart, Debbie Reynolds, Gregory Peck, Henry Fonda and John Wayne. (S)(AD) (1962, PG, 150min) ★★★
4.15 LIVE **Rugby Union: Women's Six Nations** Wales v England: Coverage of the match from the second round of fixtures, which takes place at Principality Stadium in Cardiff. Kick-off is at 4.45. (S)

7.25 The Emerald Isles

6 PM
LIVE **Rugby Union: Women's Six Nations** (started at 4.15pm)

7 PM
7.00 **Saving Lives at Sea** A crew battle through gale force winds and huge waves to try to save a surfer. (S)(R)(AD)
7.25 **The Emerald Isles** Series finale 3/3. Ardal O'Hanlon ends his journey travelling from Garnish Island to the tip of Cape Clear. (S)

8 PM
8.15 NEW **Eric Clapton at the BBC** Archive performances by the guitarist, who turns 80 tomorrow, including *I Shot the Sheriff*, *Wonderful Tonight* and appearances with Smokey Robinson and Tina Turner. (S)

9 PM
9.15 **Eric Clapton: Old Grey Whistle Test** A concert at the BBC Television Theatre in Shepherd's Bush from 1977, with songs including *Hello Old Friend* and *Knocking on Heaven's Door*. (S)(R)

10 PM
10.20 **Eric Clapton: Life in 12 Bars** Documentary profiling the blues guitarist, touching on his battles with drugs and alcohol, and why his desire to grow his artistic voice led him to quit a stream of successful bands. (S)(R)
12.25 AM **Eric Clapton at the BBC: The Rock 'n' Roll Years** Memorable archive performances. (S)(R)
12.55 **to 2.25** AM **(GMT)** FILM **Luzzu** Maltese drama starring Jesmark Scicluna. Partially subtitled. (S) (2021, 15, 90min) ★★★★
3.25 **(BST) Sign Zone: Ten Pound Poms** 3/6. (S2) (S)(R)(AD)
4.25 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Tipping Point: Best Ever Finals** Dramatic endgames. (S)(R)
6.30 **The Chase** Quiz show. (S)(R)
7.30 FILM **The Mitchells vs the Machines** Animated adventure. (2020, U, 114min) ★★★★
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Will Mellor. (S)
11.20 **ITV News** (S)
11.30 LIVE **Football: The FA Cup** Fulham v Crystal Palace: The quarter-final from Craven Cottage. Kick-off at 12.15. *See feature, p28*. (S)
2.35 PM **Lingo** Quiz show. (S)(R)
3.35 **Tipping Point: Lucky Stars** (S)(R)
4.35 **The Chase Celebrity Special** With Sunetra Sarker, Matty Lee, David Arnold and Basil Brush. (S)(R)
5.35 **ITV News** (S)
5.50 **Local News** (S)

7.00 Britain's Got Talent

6 PM
6.00 **99 to Beat** New edition Eighty-two players are challenged to guess the weight of a llama, fit a roll of parcel tape into a lunchbox, play a supersized game of volleyball and more. (S)

7 PM
7.00 **Britain's Got Talent** New edition Ant and Dec host the nationwide talent search, which sees a wide variety of acts, from comedians to contortionists, singers to spoon players, compete for the chance to win a huge cash prize and a coveted slot at the Royal Variety Performance. (S)
8.20 **The 1% Club** New edition Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(AD)
9.20 **The Jonathan Ross Show** New edition With guests Pierce Brosnan, Ben Stiller, Adam Scott, Britt Lower, John Bishop and Judi Love. Plus, a musical performance from AJ Tracey and Jorja Smith. (S)
10.25 **ITV News** (S)
10.40 **The Murder of Mikey Rainsford: Social Media Murders** 4/4. Merseyside police find Snapchat holds the key to finding the killers of a popular young skater. (S)(R)(AD)
11.40 **English Football League Highlights** Recent EFL action. (S)
12.55 **to 3.00** AM **(GMT) Teleshopping**
4.00 **(BST) Next Level Chef USA** (S)(R)
4.50 **Unwind with ITV** (S)(R)
5.35 **to 6.00** AM **Tom Kerridge Cooks Britain** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

5.40 AM **Cheers** 8-11/22. (S7) (S)(R)
7.30 **Everybody Loves Raymond** (S)(R)
8.20 **Frasier** 1-4/24. (S2) (S)(R)(AD)
10.20 **The Simpsons** (S)(R)(AD)
11.45 FILM **The Karate Kid Part II** Martial arts adventure sequel. (S)(AD) (1986, PG, 130min) ★★
1.55 PM **Four in a Bed** The first visit is to The Earlsdale in Devon. (S)(R)
2.25 The second visit is to the Kings Arms in Cornwall. (S)(R)
2.55 The third visit is to the East Creek B&B in Dorset. (S)(R)
3.30 The final visit is to the Railway Ramblers' Rest in Devon. (S)(R)
4.00 The B&Bers meet up. (S)(R)
4.30 **The Great Celebrity Bake Off for Stand Up to Cancer** With Roman Kemp, Sarah Beeny, Maxine Peake and Amelia Dimoldenberg. (S)(R)
5.45 **News** (S)

7.10 Our Dream Farm

6 PM
6.15 **Titanic in Colour** 2/2. It is the morning of the *Titanic*'s final day. Survivors' tales are brought to life through newly restored and colourised film, featuring their rescue on the *Carpathia*. (S)(R)(AD)

7 PM
7.10 **Our Dream Farm with Matt Baker** New edition The hopefuls must prove their skills when they are challenged to bring a herd of Welsh Black cattle in from the field. (S)(AD)

8 PM
8.00 **Ancient Greece by Train with Alice Roberts** New edition Alice's train odyssey takes her from Athens and across the Corinth Canal to Corinth, where she tracks down the precise place where St Paul stood to preach Christianity to the masses. (S)(AD)

9 PM
9.15 FILM **Mrs Harris Goes to Paris** Comedy drama starring Lesley Manville. A widowed cleaning lady embarks on an extraordinary adventure in Paris after becoming obsessed with a designer dress. With Isabelle Huppert, Lambert Wilson and Alba Baptista. (S)(AD) (2022, PG, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10 PM
11.35 PM **to 1.10** AM **(GMT)** FILM **Transporter 2** Action thriller sequel starring Jason Statham. (S)(AD) (2005, 15, 95min) ★★★
2.10 AM **(BST)** FILM **The Guard** Comedy thriller starring Brendan Gleeson. (S) (2011, 15, 95min) ★★★★
3.45 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(SL)(R)
4.35 **Food Unwrapped** (S)(SL)(R)(AD)
5.00 **Sunday Brunch Best Bits** (S)(R)
5.10 **to 6.00** AM **The Simpsons** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.15 **Entertainment News** (S)
9.25 **Friends** (S)(R)
9.50 **Bargain-Loving Brits in the Sun** Triple bill of editions. (S)(R)
12.35 PM **Our Yorkshire Farm** (S)(R)
1.35 **Our Yorkshire Farm at Christmas** The family have lots of calves to deliver. (S)(R)
2.35 **Our Yorkshire Farm** The Owens help Swaledale Mountain Rescue. (S)(R)
3.35 **The Cotswolds with Pam Ayres** Pam's journey begins at Longleat House. (S)(R)
4.35 The poet heads to Stow-on-the Wold. (S)(R)
5.30 **Jane McDonald's Caribbean Holiday** The singer visits Nassau in the Bahamas. (S)(R)

8.15 Portugal with Michael...

6.45 **News** (S)

6.50 **Sandringham with Nigel Havers** The actor is joined by JJ Chalmers and Raksha Dave to look at the Royal Family's home in the Norfolk countryside. The estate was purchased by Queen Victoria as a 21st birthday present for her son Bertie, who went on to become Edward VII. (S)(R)

8.15 **Portugal with Michael Portillo** New edition 5/6. Michael's journey continues in two cities – Aveiro, renowned as the 'Portuguese Venice', and Coimbra, which was once the centre of a mighty Roman province. (S)

9.15 **NEW The Palace: What the Royal Servants Saw** Documentary offering an inside look at the lives of the Royal Family from the point of view of former staff. (S)

10.15 **When TV Goes Horribly Wrong** Richard Bacon narrates a look at on-air disasters featuring the nation's best-loved TV hosts. (S)(R)

12.10 **to 1.00** AM **(GMT) How to Live Like the Super Rich: Monaco** A look at life in the principality on the French Riviera. (S)(R)
2.00 **(BST) PlayOJO Live Casino Show** Interactive gambling. (S)
4.00 **Gardening with Carol Klein** (R)
4.45 **The Queen vs No 10: Behind Closed Doors** (S)(R)
5.55 **to 6.00** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Simon** Four episodes. (S)(R)
6.30 **Team Mekbots: Animal Rescue** Animation. (S)(R)
6.45 **Norman Picklestripes** (S)(R)
7.35 **The Slow Mo Guys' Big Adventures** (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
10.00 **Surviving the Amazon** (S)(R)
12.00 NOON **The Simpsons** Six episodes, including at: **2.30** PM *Gal of Constant Sorrow:* Bart offers a talented homeless woman the chance to live in his wardrobe. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute scores.
5.00 **The Simpsons** *Lisa the Veterinarian:* Lisa is inspired to become a veterinarian. (S)(R) **5.30** *Orange Is the New Yellow:* Marge is sent to jail. (S)(R)

9.00 John Wick: Chapter 2

6.00 **Bradley Walsh: Egypt's Cosmic Code** 2/3. The presenter considers the riddle of the Sphinx, contemplating the suggestion that it is even older than thought. (S)(R)

7.00 **Ramses the Great: King of Ancient Egypt** 4/6. Investigating Ramses II's reputation as the most feared and respected among the martial pharaohs. (S)(R)

8.00 **Whale with Steve Backshall** 1/4. Steve freedives with whales and dolphins, getting closer than before to record rarely seen behaviours from these mammals. (S)(R)(AD)

9.00 **FILM John Wick: Chapter 2** Action thriller sequel starring Keanu Reeves. When a scheming Italian crime lord holds him to a blood oath, reluctant hitman John Wick goes on another murderous rampage. With Riccardo Scamarcio, Ian McShane and Ruby Rose. (S) (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.15 **An Idiot Abroad 2** 2/8. Karl boards the Trans-Siberian Express to China. (S)(R)(AD)
12.15 **to 1.15** AM **(GMT) The Office (US)** 2&3/6. (S1) (S)(R)
2.15 **(BST) The Office (US)** 4&5/6. Double bill. (S1) (S)(R)
3.05 **The Force: North East** (S)(R)
4.05 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.20pm Sportscene: Premiership Highlights (S)(R) **11.35pm-1.50am (GMT)** **FILM** The Martian (S)(AD) (2015, 12, 135min) ★★★★ **2.50am (BST)** Weather for the Week Ahead (S) **2.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
2.15pm Planet Earth: An Elephant's Tale (S)(R) **2.20** Mary Berry's Simple Comforts (S)(R) **2.50** **FILM** Shrek (S)(AD) (2001, U, 85min) ★★★★★ **4.15** **LIVE** Rugby Union: Women's Six Nations **7.00-7.30pm** Scrum V Top 5 – Baroness Tanni Grey-Thompson (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
1.00pm Nigel Slater's Simple Cooking (S)(R) **1.20** **FILM** How the West Was Won (S)(AD) (1962, PG, 150min) ★★★ **3.50** The Emerald Isles Series finale (S) **4.40-4.50** BBC News (S) **4.55** Weather (S) **5.00** **LIVE** Match of the Day: The FA Cup (S) **7.30** The Fens: A Wild Year New edition (S) **7.50-8.15pm** Saving Lives at Sea (S)(R)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Y 'Sgubor Flodau **11.00** Dim Byd i'w Wisgo **11.30** Cysgu O Gwmpas (AD) **12.00noon** Richard Holt: Yr Academi Felys **12.30pm** Codi Pac **1.00** Llond Bol O Sbaen **1.55** Colleen Ramsey: Bywyd a Bwyd **2.20** Gwladfa: Gwilym Bowen Rhys **2.45** **LIVE** Clwb Rygbi **5.00** Ralio: Pencampwriaeth Rali'r Byd: Saffari Kenya **5.30** Cyngherddau Eisteddfod Genedlaethol 2024 **7.00** Newyddion a Chwaraeon **7.15** **LIVE** Clwb Rygbi **9.45** Priodas Pum Mil **10.45** Y Tyrchwyr gyda Iolo Williams (AD) **11.15-11.50pm** Bariau (AD)

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Lily is struggling with grief, so Avani suggests that she, Lily and Amy skip school. **7.30** Priya makes a shocking discovery about Avani.
8.00 **Top Gear** Rowan Atkinson takes the wheel of the Reasonably Priced Car.
9.00 **Two Pints of Lager and a Packet of Crisps** 3/6. Louise meets a new man, while Janet begins to feel neglected by Jonny. **9.30** 4/6. Gaz fears he has lost his touch with the ladies, and Janet enrols as a student. **10.00** 5/6. Jonny develops an obsession with Louise. **10.30** 6/6. Jonny hopes to inject a bit more excitement into his dull life. (S1)
11.00 **Paranormal: Britain's Last Witch** 1&2/4.
12.00 M'T **Stacey Dooley: Growing Up Gypsy**
12.45 **to 1.00** AM **(GMT) A Better Place**
2.00 **to 4.00** AM **(BST) Two Pints of Lager and a Packet of Crisps**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **The Flying Gardener** Chris Beardshaw visits RHS Rosemoor in Devon and Antony House in Cornwall.
7.15 **All Creatures Great and Small** *Be Prepared:* James's plans for an evening out are spoiled. **8.05** *A Dying Breed:* Tristan earns himself a reputation as the best vet in Darrowby.
9.00 **Wogan: The Best Of** Terry Wogan recalls meeting Oscar winners on his chat show.
9.45 **Wogan** A compilation of highlights, featuring Elton John and Omar Sharif.
10.25 **One On One: Terry Wogan** A revealing self-portrait of the broadcaster.
11.05 **The Very Best of Wogan: 1989** Highlights of the show.
12.00 M'T **to 1.00** AM **(GMT) Mark Lawson Talks to Terry Wogan**
2.00 AM **(BST) Hancock's Half Hour** Vintage comedy.
2.30 **The Fall and Rise of Reginald Perrin**
3.00 **to 3.50** AM **All Creatures Great and Small**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **Four in a Bed**
1.40 PM **George Clarke's Old House, New Home**
2.40 **Come Dine with Me**
5.15 **Four in a Bed** The competition begins at Bowlees Farm Holiday Cottages in Co Durham. **5.50** The second visit of the week is to the Piebald Inn in Hunmanby, North Yorkshire.
6.20 **Four in a Bed** The third visit is to Stoneleigh House Hotel in Buckingham. **6.50** The final venue is glamping farmsite Evenlode Grounds in the Cotswolds. **7.25** The B&B owners meet up for the final time.
7.55 **999: On the Front Line** Paramedics tend to a young mother having a panic attack while out with her son.
9.00 **24 Hours in A&E** A five-year-old is rushed to A&E after being hit by a car. **10.00** A 68-year-old is rushed in after falling down a flight of stairs and badly breaking her ankle.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 **to 1.15** AM **(GMT) 999: On the Front Line**
2.15 **(BST) 24 Hours in A&E**
3.20 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **The Goldbergs**
8.20 **Lego Masters Australia**
9.55 **Ramsay's Kitchen Nightmares USA**
10.55 **Married at First Sight Australia** Double bill.
2.05 PM **FILM Clueless** Satirical teen comedy starring Alicia Silverstone as a smart, pretty and rich Beverly Hills teenager who takes a 'clueless' girl under her wing. (1995, 12, 97min) ★★★★
4.00 **The Big Bang Theory**
5.25 **The Simpsons** Double bill.
6.20 **The Simpsons** *Homer's Paternity Coot:* Homer discovers that Grampa may not be his father.
6.45 **FILM Raiders of the Lost Ark** Steven Spielberg's adventure starring Harrison Ford. Archaeologist Indiana Jones tries to stop the Ark of the Covenant from falling into Nazi hands. (1981, PG, 115min) ★★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *Love Island, Fatal Attraction* and *Nigella: At My Table*.
10.00 **Gogglebox** Opinions on *Celebrity Race Across the World* and *The Teacher*.
11.05 **Gogglebox**
12.05 **to 1.15** AM **(GMT) First Dates** Dating series.
2.15 **(BST) First Dates**
3.15 **Gogglebox**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Saturday primetime

primetime

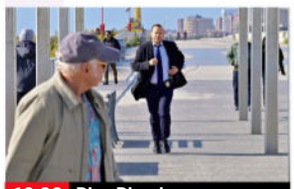
SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **UK Border Force**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line** Officers suspect a drug dealer is taking his business north.
12.30 PM Officers halt a father and son carrying ammunition, but cannot find a gun.
1.00 **UK Border Force** The team investigate sham weddings.
2.00 **Nothing to Declare** Ten editions of the documentary.


10.00 Blue Bloods

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM

9.00 **The Cleaning Lady** *The Crown:* 10/10. Desperate for a way out, Thony tries to make a deal with Garratt. (S1)

10 PM

10.00 **Blue Bloods** *On the Arm:* 11/20. Danny pursues a con artist pretending to be singer Jimmy Buffett. (S12)
11.00 **Chicago Fire** 20/22. (S11)
12.00 M'T **to 1.00** AM **(GMT) Law & Order: Organized Crime** (S2)
2.00 AM **(BST) Law & Order: Organized Crime** 20/22. (S2)
3.00 **Law & Order: SVU** (S24)
4.00 **The Good Doctor** 6/20. (S3)
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Game of Thrones** (S5&6)
1.15 PM **Game of Thrones** 7/10. Arya makes a plan.
2.15 8/10. Jaime weighs up his options, and Cersei answers a request.
3.20 9/10. Daenerys has a choice to make.
4.25 10/10. Cersei awaits judgement, while Walder Frey and Jaime celebrate. (S6)
5.40 1/7. Jon organises the North's defences.
6.45 2/7. Daenerys receives an unexpected visitor. (S7)

7.50 Chernobyl

7.50 **Chernobyl** *1.23.45:* 1/5. In April 1986, workers and firefighters put their lives on the line to try to deal with an explosion at the Chernobyl nuclear power plant. (S1)

9.00 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy. (S1)

10.00 **The White Lotus** *Denials:* 6/8. Dark comedy drama following the guests and staff of a resort in Thailand. (S3)
11.10 **Homicide: Life on the Street** 14/20. Pembleton forces the suspect to confess. (S3)
12.10 **to 1.10** AM **(GMT) Homicide: Life on the Street** 15/20. (S3)
2.10 **(BST) Homicide: Life on the Street** 16-18/20. (S3)
5.05 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Supergirl** 4-8/22. (S2)
11.00 **Grimm** Four episodes of the fantasy drama, including at:
2.00 PM 22/22. Renard and Baron Samedi unleash a horde of zombies. (S2)
3.00 **The Walking Dead** 1/13. The search for a missing Sophia leads to disaster.
4.15 2/13. Carl fights for his life after being accidentally shot by a deer hunter.
5.10 3/13. Shane is trapped.
6.05 4/13. The group refocuse on finding Sophia. (S2)

3.00 The Walking Dead

7.00 **The Walking Dead** *Chupacabra:* 5/13. Daryl is thrown from his horse and injured, leaving him open to attack. (S2)

8.00 **A League of Their Own: The Rally** 1/3. The gang compete in the ALOTO Rally Cup, making their way from London to Turin.

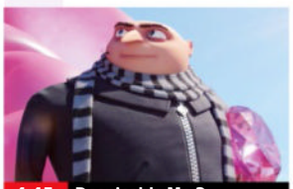
9.00 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy. (S1)

10.00 **Rob Beckett's Smart TV** With guests Tom Allen, Kola Bokinni, Alex Jones, and Steve Pemberton.
10.45 **An Idiot Abroad 2** 2/8. Karl boards the Trans-Siberian Express to China.
11.45 **Strike Back: Retribution** 3/10. Mac and Wyatt go undercover to infiltrate a dangerous group. (S6)
12.45 **to 1.10** AM **(GMT) Road Wars**
2.10 **(BST) The Force: North East**
4.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.55 **Deal or No Deal**
12.50 PM **American Ninja Warrior**
1.50 **The Masked Singer US**
2.45 **Wheel of Fortune**
3.45 **Celebrity Catchphrase**
4.45 **FILM Despicable Me 3** Animated sequel with the voice of Steve Carell. Dismissed from the Anti-Villain League after a mission, Gru sets off to meet his long-lost brother. (2017, U, 99min) ★★★


4.45 Despicable Me 3

6.25 **FILM Ghostbusters** Fantasy comedy starring Kristen Wiig. When supernatural disturbances occur in New York City, four experts in the paranormal and their dim assistant investigate. (2016, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Mr & Mrs Smith** Black comedy thriller starring Brad Pitt and Angelina Jolie. A pair of married assassins who are unaware of one another's real professions have 48 hours to kill each other. (2004, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.20 **Family Guy** 12&13/16. (S7)
12.20 AM **American Dad!** 2/20. (S4)
12.50 **to 1.20** AM **(GMT) American Dad!** 12/16. Francine gets Stan to open up emotionally. (S3)
2.20 **(BST) Shopping with Keith Lemon** With AJ Odudu.
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Never the Twain**
6.30 **Agatha Christie's Poirot**
8.45 **Lewis** *Falling Darkness.*
10.55 **Rosemary & Thyme**
1.00 PM **Endeavour** *Overture:* Prequel to *Inspector Morse.* The cerebral detective becomes involved in the hunt for a missing schoolgirl.
3.05 **Agatha Christie's Marple** *Nemesis:* The spinster sleuth is sent on a mysterious mission.
5.05 **Midsomer Murders** *Wild Harvest:* A man is mauled to death by a wild boar.

11.00 A Touch of Frost

7.00 **Midsomer Murders** *Let Us Prey:* As Midsomer St Claire prepares for storms and flooding, it appears a murderer is using ancient torture methods to punish modern-day 'sinners'.

9.00 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

11.00 **A Touch of Frost** *Near Death Experience:* The detective's methods are questioned.
12.45 **to 1.15** AM **(GMT) Never the Twain** *Going to Pot:* Simon and Oliver create mayhem.
2.15 **to 2.30** AM **(BST) Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
4.30 PM **Sportscene: Open All Mics**
5.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Recent top-flight action, including Celtic v Hearts.
8.30 **The Tales of Para Handy** *Para Handy, Master Mariner:* 1/6. Drama starring Gregor Fisher and Rikki Fulton. (S1)
9.20 **Loop** New edition Featuring performance poet Leyla Josephine.
9.30 **Jailed: Women in Prison** 3/3. Jade and Kelly face an addiction recovery journey while in custody.
10.00 NEW **BBC Introducing Scottish Act of the Year** The four finalists compete for the title.
11.00 **Mrs Brown's Boys** (S2)
11.30 PM **to 12.00** M'T **Two Doors Down** (S2)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Sort Of** 3/8. (S1)
8.25 **The Conners** (S2)
11.55 **Veep** 1-5/10. (S3)
2.50 PM **Curb Your Enthusiasm** (S5)
6.30 **The Office (US)** 2/6. Michael holds a seminar on racial sensitivity.
7.00 3/6. Dwight takes on a new responsibility.
7.30 4/6. Michael tries to raise team morale.
8.00 5/6. Michael makes a foolhardy bet.
8.30 6/6. A beautiful woman causes a stir. (S1)
9.00 **And Just Like That...** *Tragically Hip:* 5/10. Carrie confronts her surgery.
9.50 *Diwali:* 6/10. Anthony asks Carrie for a favour. (S1)
10.40 **Paul Chowdhry: Live Innit** Stand-up comedy.
11.50 **Entourage** 11/12. (S6)
12.25 **to 1.10** AM **(GMT) Entourage** 12/12. (S6)
2.10 AM **(BST) Barry** (S1)
3.20 **Girls** 7&8/10. (S1)
4.30 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **English National Ballet in Paris**
7.15 **Pavarotti: 10th Anniversary Gala**
8.30 **Tales of the Unexpected**
11.00 **FILM ABBA: The Movie** Musical comedy. (1977, U, 93min) ★★★
12.50 PM **FILM Wonderful Life** Musical comedy. (1964, U, 108min) ★★
3.00 **The Shadows: The Final Tour** A 2004 concert.
6.00 **Classic Albums**
7.00 **Elvis Presley: The Early Years**
8.00 **When Elvis Met Priscilla**
9.00 **Elvis: Tortured Soul**
10.20 **Elvis Presley: Aloha from Hawaii**
12.00 M'T **to 1.10** AM **(GMT) Nina Simone: Live at Montreux 1976**
2.10 AM **(BST) Nina Simone: The Lost Album**
2.40 **Isle of Wight Festival Greatest Hits**
4.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Let's Go, Bananas!**
8.50 **Alvinnn!!! and the Chipmunks** Animation.
9.00 **Nothing to Declare**
11.00 **Hope for Wildlife**
1.00 PM **Monkey Life**
2.00 **Surviving the Amazon**
3.00 **Malawi Wildlife Rescue**
4.00 **Attenborough's Journey**
5.00 **Battle of the Alphas**
6.00 **Gladiators** A look at nature's toughest fighters.
7.00 **Impossible Animals** Patrick Aryee examines the amazing animals that live on the coast.
8.00 **Made for Murder** Double bill of editions.
10.00 **Sex and the City** (S3)
12.20 **to 1.10** AM **(GMT) Caught on Dashcam**
2.10 AM **(BST) Brit Cops: Law & Disorder**
3.00 **Nothing to Declare**
5.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Be Beautiful**
7.50 **The Singles Table**
8.50 **Fletchers' Family Farm**
9.55 **Dinner Date**
12.55 PM **Project Bakeover**
1.55 **Drama Queens**
3.55 **The Only Way Is Essex**
5.00 **The Real Housewives of Cheshire** Reality series.
6.00 **Celebrity Dinner Date** Diversity member and model Nathan Ramsey looks for romance.
7.00 *The Only Way Is Essex* star Chloe Meadows takes part.
8.00 Featuring reality star Chris Taylor.
9.00 **FILM Mother's Day** Ensemble comedy starring Julia Roberts and Jennifer Aniston. (2016, 12, 118min) ★★
11.25 PM **to 1.10** AM **(GMT) Botched** Double bill.
2.10 **to 2.30** AM **(BST) Unwind with ITV**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the series, including at:
7.00 *One Fresh Batch of Lemonade – Part Two:* 7/25. Jonathan attempts to reconcile Deke with his father.
8.00 *A Divine Madness:* 8/25. Jonathan helps a man who thinks that he is King Arthur. (S1)
9.00 **An Emma Fielding Mystery: Site Unseen** Crime drama starring Courtney Thorne-Smith and James Tupper.
10.50 **Fixer Upper Mysteries: Deadly Deed** Crime drama with Jewel Kilcher.
12.50 **to 2.00** AM **(GMT) The Avengers** (S6)
3.00 AM **(BST) Randall and Hopkirk (Deceased)**
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **The Sweeney**
8.25 **The Saint**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.20 **Cadfael**
1.00 PM **LIVE Racing** Coverage of today's meetings from Doncaster and Kempton Park.
4.00 **World of Sport**
4.10 **ITV Football Classics: Euro 96 – England v Netherlands**
5.15 **Made in Britain** Double bill.

10.30 An Audience with Billy...

6.45 **Sharpe** *Sharpe's Siege*: Having finally recovered from the death of his beloved Teresa, Sharpe marries Jane Gibbons – then rushes off to capture a fort behind French lines.

9.00 **English Football League Highlights** A round-up of action from the latest EFL matches, including Hull City v Luton Town, Leeds United v Swansea City, and Portsmouth v Blackburn Rovers.

10.30 **An Audience with Billy Connolly** The comedian entertains a celebrity crowd in London.

11.35 PM **to 1.35** AM **(GMT) Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
2.35 **to 3.00** AM **(BST) Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 21–25/26. (S4)
4.00 PM **Star Trek: Voyager** 19/26. The crew answer a distress call from a planet on a collision course with a huge asteroid. **5.00** 20/26. The crew encounter an alien race in an unknown region of space. **6.00** 21/26. Kes becomes caught in an unstable time trap, and is forced to live her life backwards. (S3)

9.00 Stargate: Ark of Truth

7.00 **Star Trek: Voyager** *Real Life:* 22/26. The Doctor simulates a holographic family in a bid to understand relationships.

8.00 **Star Trek: Voyager** *Distant Origin:* 23/26. The crew are captured by aliens who want prove their evolutionary theories. (S3)

9.00 **FILM Stargate: Ark of Truth** Sci-fi adventure spin-off starring Michael Shanks, Amanda Tapping and Christopher Judge. The SG-1 team journey to another galaxy to stop an invasion of Earth and the destruction of humanity. (2008, 12, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Walking Dead** 5/16. Abraham and some of the group head to Washington. (S5)
12.00 M'T **to 1.00** AM **(GMT) The Walking Dead** 6/16. Daryl and Carol go in search of Beth and her kidnappers. (S5)
2.00 AM **(BST) The Walking Dead** 7-9/16. Triple bill. (S5)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
10.00 **Elementary** 10–12/24. (S3)
1.00 PM **Father Brown**
2.00 **Inspector George Gently**
4.00 **Father Brown** *The Crimson Feather:* Mrs McCarthy's goddaughter goes missing. **5.00** *The Lepidopterist's Companion:* The priest finds a shocking secret lurking among the bookshelves. **6.00** *The Alchemist's Secret:* Father Brown investigates a 300-year-old secret hidden in a university.

8.00 Father Brown

7.00 **Father Brown** *The Sins of Others:* The priest tries to save Sid from himself when he vows vengeance on his former barrister.

8.00 **Father Brown** *The Sands of Time:* Brenda finds love with a clock collector, but it may just be that she has fallen for a killer.

9.00 **Death in Paradise** *Stab in the Dark:* 1/8. A plantation owner is killed during a seance. Guest stars Don Gilet.

10.00 **Death in Paradise** *Hidden Secrets:* 2/8. The team investigate the murder of a surf-school owner. (S4)

11.00 PM **to 1.00** AM **(GMT) Inspector George Gently** *Gently Northern Soul:* The detective investigates the murder of a club-goer.
2.00 AM **(BST) Father Brown**
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Keeping Up Appearances**
7.50 **Hi-de-Hi!**
8.30 **Only Fools and Horses**
12.05 PM **Only Fools and Horses** Five episodes, including at: **3.20** Part one of two. Del and Rodney get the chance to leave Peckham behind for a holiday in the Florida sun. **4.30** Part two of two. The Trotters suffer a setback when their camper van is burgled. **6.25** Christmas special from 1989. The Trotter brothers go on a lads' day out to Margate.

8.20 Only Fools and Horses

Only Fools and Horses (started at 6.25pm)

8.20 **Only Fools and Horses** Christmas special of the sitcom from 1987 in which Del Boy sets out to find his dear departed mother's treasure trove. Guest stars Joan Sims.

9.40 **Men Behaving Badly** Gary gets stuck in a lift with Deborah, while Tony tries his hand at the art of seduction. **10.15** Tony's brother and his girlfriend comes to stay but they annoy Gary.

10.50 **The Fast Show** The Suit You tailors get a taste of their own medicine.

11.30 **The Fast Show** Unlucky Alf calls in the professionals.
12.10 **to 1.00** AM **(GMT) Billy Connolly Does...**
2.10 **(BST) Billy Connolly Does...**
3.10 **to 4.00** AM **The Fast Show**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **James May's Man Lab**
10.00 **Red Bull Soapbox Race**
1.00 PM **World's Most Dangerous Roads** Double bill of editions.
3.00 **Robson Green's Weekend Escapes** Triple bill of editions.
5.00 **Ireland with Simon Reeve**
6.00 **Would I Lie to You?** With Danny Wallace, Ronni Ancona, Chris Hoy and Gabby Logan. **6.40** With Trinny Woodall, Reece Shearsmith, Michael Ball and Charlie Brooker.

8.00 Special Ops: Crime Squad

7.20 **Would I Lie to You?: The Unseen Bits** Highlights from series three of the comedy panel show hosted by Rob Brydon.

8.00 **Special Ops: Crime Squad UK** A police task force tackles a hit-and-run which turns out to be a deliberate attack.

9.00 **Not Going Out** Wendy gifts Lee and Lucy a portrait of Frank. **9.40** Lee sends a rude text about Anna to Lucy, but makes the mistake of sending it to Anna herself. **10.20** Lee promises Lucy he will be more friendly with other parents.

11.00 **QI XL** With Phill Jupitus, Holly Walsh and Nish Kumar.
12.00 M'T **to 1.00** AM **(GMT) Have I Got a Bit More News for You**
2.00 AM **(BST) Have I Got a Bit More News for You**
2.55 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun**
5.00 **A Place in the Sun: What Happened Next?**
8.00 **Kirstie and Phil's Love It or List It** Jacqueline and Renee need help deciding what to do with their home in Stockport.
9.00 **Grand Designs** A couple plan to build a floating home on a tidal estuary near Worthing.
10.00 **Building Britain's Superhomes** Guy Phoenix buys the house next to his own to convert into a mini superhome.
11.05 **Joe Lycett: More, More, More! How Do You Lycett? How Do You Lycett?** Stand-up show.
12.10 **to 1.15** AM **(GMT) Gogglebox**
2.15 AM **(BST) Gogglebox**
3.15 **to 4.20** AM **Open House: The Great Sex Experiment**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Eight episodes of the series, including at: **7.00** *Ignition:* 11/24. The team investigate the murder of a Navy pilot. **8.00** *Flesh and Blood:* 12/24. Tony's father is linked to an attempted assassination. (S7)
9.00 **Criminal Minds** *Internal Affairs:* 9/22. The BAU work with the NSA when three DEA agents vanish. **10.00** *Future Perfect:* 10/22. The team investigate a suspect fascinated with medical experimentation. (S11)
11.00 PM **to 1.00** AM **(GMT) Law & Order: Special Victims Unit** (S18)
2.00 AM **(BST) Law & Order: Special Victims Unit**
3.50 **The Good Wife** (S2)
4.35 **to 5.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Dogs Behaving (Very) Badly** Double bill.
10.00 **Nightmare Tenants, Slum Landlords**
3.00 PM **When Camping Goes Horribly Wrong**
4.30 **FILM From Time to Time** Fantasy starring Maggie Smith. (2009, PG, 96min) ★★★★
6.30 **FILM Jupiter Ascending** Sci-fi action adventure starring Mila Kunis. (2015, 12, 122min) ★★
9.00 **FILM Fast & Furious Presents Hobbs & Shaw** Adventure spin-off with Dwayne Johnson. (2019, 12, 137min) ★★★
11.45 **999: Criminals – Caught on Camera**
12.45 **to 1.50** AM **(GMT) Killer at the Crime Scene**
2.50 AM **(BST) Killer at the Crime Scene** Double bill.
4.30 **Car Pound Cops**
4.55 **to 5.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Police Interceptors**
12.00 NOON **FILM Star Trek: Insurrection** Sci-fi adventure starring Patrick Stewart. (1998, PG, 105min) ★★★
2.10 PM **FILM Zeppelin** Espionage thriller starring Michael York. (1971, PG, 101min) ★★
4.15 **FILM The Devil's Brigade** War drama starring William Holden. (1968, PG, 126min) ★★
6.55 **FILM Raid on Rommel** War adventure starring Richard Burton. (1971, 15, 94min) ★★
9.00 **FILM The Dirty Dozen** War Two thriller starring Lee Marvin. (1967, 15, 150min) ★★★★
12.00 M'T **to 1.00** AM **(GMT) HMP Belmarsh: Maximum Security**
2.00 AM **(BST) Police Interceptors**
3.00 **Trucking Hell**
3.50 **to 5.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.05 **Outnumbered** Six episodes, including at: **7.00** Ben shows off his survival skills. **7.40** Crossed lines of communication cause trouble for the family. **8.20** Auntie Angela and her new friend fly over from America when Grandad falls ill.
9.00 **Miranda** A handsome stranger leaves his wallet in the joke shop. **9.40** Following Gary's departure, Miranda vows to get fit and lose weight. **10.20** The shop owner tries to do something for a good cause.
11.00 **The Undateables**
12.00 M'T **to 1.00** AM **(GMT) Red Flag**
2.00 **to 3.00** AM **(BST) Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.35 AM **Birds of a Feather**
8.05 **Bergerac**
11.35 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **The Marlow Murder Club** 3&4/6. (S2)
5.00 **Mrs Sidhu Investigates**
7.00 **Whitstable Pearl** *The Offer:* 3/6. Molly Stratton asks Pearl for help when she receives anonymous threats. **8.00** *The Gumshoe and the Femme Fatale:* 4/6. After changing her will to leave everything to her housekeeper, an ageing actor is attacked (S2)
9.00 **Bergerac** *Run the Story:* 5/6. A revelation about the night of Cate's death changes everything. (S1)
10.00 **Harlots** 6/8. (S1)
11.00 **Hotel Portofino** (S1)
12.10 **to 1.10** AM **(GMT) The Heart Guy** 3/10. (S2)
2.10 **to 4.00** AM **(BST) The Marlow Murder Club**

+1 hr 243 316 60

SATURDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **Alex Polizzi: The Fixer** The hotelier gives a struggling brewer advice on marketing his ales. **7.30** Alex helps the owners of a struggling tea room and eatery.
9.00 **The Repair Shop** A drum kit is restored. **10.00** Leather expert Susie fixes up a wallet. **11.00** A rare bicycle sidecar and a sewing stand are restored.
12.00 M'T **to 1.00** AM **(GMT) Celebrity Help! My House Is Haunted**
2.00 AM **(BST) Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes**
11.40 **All Star Family Fortunes Christmas Special**
12.20 PM **All Star Family Fortunes** Featuring Edwina Currie and Mark Durden-Smith.
1.00 **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** With Matthew Wright, Suzi Perry, Ian 'H' Watkins and Crissy Rock. **5.00** With Russell Watson, Rita Simons, Bill Oddie and Denise Welch.
6.00 **The Chase** Triple bill of the quiz show.
9.00 **The Family Chase**
10.00 **The Chase** Quiz show.
11.00 PM **to 1.00** AM **(GMT) Bullseye** Four editions.
2.00 AM **(BST) Bullseye**
5.00 **to 6.00** AM **The Celebrity Chase**

GREAT! action
323 426 42

8.30 AM **The Luftwaffe**
9.50 **Battle Honours**
11.00 **FILM Rage at Dawn** Western. (1955, U) ★★
1.00 PM **Wanted: Dead or Alive** Triple bill.
2.30 **FILM The Ox-Bow Incident** Western with Henry Fonda. (1943, b/w, PG, 75min) ★★★★★
4.25 **FILM The Man Who Shot Liberty Valance** Western. (1962, b/w, U, 122min) ★★★★★
7.00 **FILM Gung Ho!** War action drama. (1943, b/w, PG, 88min) ★★★
9.00 **FILM Between Heaven and Hell** War drama. (1956, PG, 94min) ★★
11.10 **FILM Danger Close: The Battle of Long Tan** Drama. (2019, 15) ★★
12.40 **to 2.30** AM **(GMT) FILM 10,000 Days** Drama. (2014, 12, 87min) ★
3.30 **(BST) to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.10 AM **Sue Thomas: F.B.Eye**
10.20 **FILM Garage Sale Mysteries: Murder Most Medieval** Drama. (2017, PG, 90min) ★★
12.20 PM **FILM A Case of Murder: Garage Sale Mystery** Crime drama. (2017, PG, 90min) ★★
2.15 **FILM Arachnophobia** Horror thriller. (1990, PG, 106min) ★★★
4.35 **FILM 3 Men and a Baby** Comedy. (1987, PG, 98min) ★★★★
6.45 **FILM Three Men and a Little Lady** Comedy sequel. (1990, PG) ★★
9.00 **FILM Rob Roy** Adventure. (1995, 15, 139min) ★★
11.55 PM **to 1.10** AM **(GMT) FILM The Duel** Western. (2016, 15, 110min) ★★
2.10 AM **(BST) FILM Flawless** Drama. (2020, PG) ★★
4.00 **to 6.00** AM **FILM My Mother's Stalker** Thriller. (2018, 12, 85min) ★
+1hour 322

GREAT! romance
319 424 52

8.00 AM **FILM The Beach House** Family drama. (2018, PG, 90min) ★★
10.05 **FILM Love, Again** Romantic drama. (2015, PG, 84min) ★★★
12.00 NOON **FILM A Whirlwind Wedding** Romantic comedy. (2020, PG, 90min) ★★
1.55 PM **FILM All Yours** Comedy. (2016, PG) ★★
4.00 **FILM Love by Chance** Comedy. (2016, PG) ★★
6.05 **FILM Love, of Course** Comedy. (2018, PG) ★★
8.00 **FILM Mid-Love Crisis** Drama. (2022, PG) ★★
9.55 **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
12.00 M'T **to 2.00** AM **(GMT) FILM Autumn in the Vineyard** Romance. (2016, PG, 84min) ★★
3.00 **to 5.00** AM **FILM Destination Wedding** Comedy. (2017, PG) ★★
+1hour 320 63

Rewind TV
182 92

6.00 AM **Worzel Gummidge Down Under** (S1)
8.30 **The Fantastic Journey**
9.30 **Fantasy Island** (S1)
11.30 **That's My Dog**
12.00 NOON **The Last Days of Pompeii** Drama.
1.45 PM **Auto Rewind**
2.00 **Heather Ann**
3.00 **Born Free** 4/13. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **The Fantastic Journey**
7.00 **The Charmer** 6/6. (S1)
8.00 **Bust** 6/6. (S2)
9.00 **Married... with Children** 13/13. Al and Peggy eat at their favourite burger joint. (S1)
9.30 **Police Woman** (S1)
10.30 **Blue Thunder** *Second Thunder:* 1/11. The crew try to halt a series of deadly attacks. (S1)
11.30 PM **to 1.15** AM **(GMT) The Last Days of Pompeii**
2.15 AM **(BST) The Charmer**
3.15 **Fantasy Island** (S1)
5.00 **to 6.00** AM **Born Free**

DMAX
159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters: Mine SOS** The team set out to install a hard rock mining operation.
11.00 **Aussie Gold Hunters**
2.00 PM **Outback Opal Hunters** Five editions.
7.00 **Extinct or Alive** Searching Zanzibar for an extinct leopard lost to witchcraft.
9.00 **Unbelievable Me** The story of a 25-year-old wrestler who was born with no legs. **10.00** The case of a 43-year-old woman who lost her nose to cancer.
11.00 **Monsters Inside Me** An insidious creature enters a man's spleen. **12.00** M'T **to 1.00** AM **(GMT)** An infection rips a man's leg apart.
2.00 AM **(BST) Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Giada Entertains**
7.00 **Giada at Home**
11.00 **James Martin Digs Deep**
3.00 PM **Mary Berry's Easter Feast** Double bill.
5.00 **Mary Berry's Quick Cooking** Six editions.
8.00 **Mary Berry's Foolproof Cooking** Double bill.
9.00 **Man v Food: Best Of** Adam Richman reveals his favourite dishes. **9.30** Adam is in Texas to sample a 42-inch pizza. **10.00** Adam tries a Triple Habanero Pie. **10.30** Adam samples a filet of hogfish. **11.00** Adam tries a huge cinnamon roll. **11.30** Adam tries a 'Triple Murder Burger'. **12.00** M'T Adam tastes an Italian beef sandwich. **12.30 to 1.00** AM **(GMT)** A beef hot dog.
2.00 **to 3.00** AM **(BST) Cake Boss**
+1hour 240/241 154

Legend
148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM Shark Lake** Thriller. (2015, 15, 89min) ★★
10.00 **T.J. Hooker** (S4&5)
3.00 PM **FILM Flying Tigers** Wartime adventure with John Wayne. (1942, b/w, PG, 103min) ★★
4.55 **FILM Sahara** World War Two drama starring Humphrey Bogart. (1943, b/w, PG, 97min) ★★★
7.00 **FILM Lancaster Skies** Drama starring Jeffrey Mundell and Rosa Coduri. (2019, PG, 89min) ★★
9.00 **FILM Parker** Thriller starring Jason Statham. (2013, 15, 114min) ★★★
11.20 PM **to 1.05** AM **(GMT) FILM Crank** Thriller with Jason Statham. (2006, 18, 88min) ★★★★
2.05 AM **(BST) FILM Crank 2: High Voltage** Action thriller sequel. (2009, 18, 91min) ★★
4.00 **to 5.00** AM **The Twilight Zone**

Legend Xtra
317 171 69 138

6.00 AM **FILM Super Cyclone** Disaster movie. (2012, 12, 90min) ★
8.00 **Killer Wave** 1&2/4.
12.00 NOON **FILM Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
2.00 PM **FILM The Blood Beast Terror** Chiller starring Peter Cushing. (1967, 12, 88min) ★
4.00 **Farscape** 6-10/22. (S3)
9.00 **FILM Cold in July** Crime thriller starring Michael C Hall and Sam Shepard. A man's life descends into chaos after he is hailed as a hero. (2014, 15, 108min) ★★★★
11.10 PM **to 1.00** AM **(GMT) FILM Peripheral** Sci-fi horror starring Hannah Arterton. A writer discovers a machine is manipulating her work. (2018, 18, 110min) ★★
2.00 **to 3.00** AM **(BST) The Twilight Zone**
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Storage Wars**
8.00 **Swamp People**
11.00 **Weird or What? with William Shatner**
1.00 PM **Mega Disasters**
3.00 **Ancient Aliens**
7.00 **Ancient Aliens** Changes in America regarding UFO acknowledgement. **8.00** The top 10 hidden alien bases.
9.00 **Accidental Truth: UFO Revelations** Contributors weave a story that leaves little doubt that another intelligence is operating.
11.00 **The Proof Is Out There** A strange creature captured by a security camera in Ohio.
12.00 M'T **to 1.00** AM **(GMT) Strange Evidence** A police officer records a beast on his dashcam.
2.00 AM **(BST) Court Cam**
3.00 **Container Wars**
4.00 **to 6.00** AM **Hardcore Pawn**

5SELECT
153 138 46 133

9.00 AM **FILM The Greatest Story Ever Told** Epic starring Max von Sydow. (1965, U, 225min) ★★★
1.00 PM **Murder, She Wrote**
6.00 **World War II in Colour** The final days of Hitler and the Third Reich. **7.00** The struggle to defeat Japan.
8.00 **Nazi Megastructures** How German forces were led into a trap on Sicily.
9.00 **Battle of the Atlantic** How the capture of an Enigma machine allowed Britain to strike back against Hitler's U-boats.
10.00 **WWII Battles in Colour** Germany's assault on the Soviet Union.
11.00 **Nazi Killing Fields**
12.05 **to 1.05** AM **(GMT) World's Greatest Inventions** Documentary.
2.05 AM **(BST) World's Greatest Inventions**
3.05 **to 5.00** AM **World's Greatest Inventions**

HGTV
158 191 44 149

7.00 AM **Adam Richman Eats Britain** Four editions.
9.00 **Man v Food**
11.00 **My Lottery Dream Home** Eight editions of the series, including at. **2.00** PM A pair of former police officers search for a perfect home in New Jersey. **2.30** A man who has won $1 million wants to change his family's life.
3.00 **Escape to the Country** Nine editions of the series. City-dwelling families, couples and individuals set out to find their ideal rural retreats with the help of a property expert.
12.00 M'T **to 1.00** AM **(GMT) Rock the Block** The teams head outside to work on the exteriors and the landscape.
2.00 AM **(BST) The Flip Off**
3.30 **to 4.00** AM **Flip or Flop**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Say Yes to the Dress: UK** Reality series.
8.00 **Say Yes to the Dress: Lancashire** Double bill.
10.00 **Little People, Big World**
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Baylen Out Loud** Baylen and Colin move in together, but outside forces halt everything.
8.00 **The Bad Skin Clinic** A severe case of palmoplantar pustulosis.
9.00 **Dr Pimple Popper**
12.00 M'T **to 1.00** AM **(GMT) Body Bizarre**
2.00 AM **(BST) Love Off the Grid** Reality series.
3.00 **Dr Pimple Popper**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 8.00pm.
9.00 **Friends** (S3&4)
1.00 PM **Friends** (S3&4)
8.00 **Michael McIntyre's Big Show** Featuring Jessie J and Stereophonics.
9.00 **FILM Happy Gilmore** Comedy starring Adam Sandler. An ice hockey player turns his hand to golf in the hope of saving his grandmother's house. (1996, 12, 92min) ★★★
10.45 **8 Out of 10 Cats**
11.45 **Amy Schumer: Comedy Central Live**
12.15 AM **Kevin Hart: Comedy Central Live**
12.45 **to 1.15** AM **(GMT) Teachers** (S3)
2.15 **(BST) Whose Line Is It Anyway? USA**
3.35 **South Park** 2/15. (S7)
4.00 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Gods of the Game**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
1.00 PM **Michael McIntyre's Big Show** With Jessie J.
2.00 **Blockbusters**
5.00 **Whose Line Is It Anyway? USA**
8.00 **Friends** 6/24. Chandler gets on intimate terms with Joey's girlfriend. **8.30** 7/24. Chandler tries to stop Joey from finding out the truth. **9.00** 8/24. Monica visits Richard's son. **9.30** 9/24. Monica gets a career opportunity too good to turn down. (S4)
10.00 PM **to 1.00** AM **(GMT) Friends** 10-15/24. (S4)
2.00 AM **(BST) Friends** (S4)
3.50 **Impractical Jokers**
4.15 **The Culture Capsule**
4.30 **Al Murray: The Pub Landlord – Live at the Palladium** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Highway Cops**
9.00 **Four Weddings**
11.00 **Nothing to Declare**
2.00 PM **The Ark** Five episodes, including at: **4.00** *It Can't Be True:* 7/12. The crew work together to find who's responsible for a murder. **5.00** *We Don't Kill Our Own:* 8/12. The crew must outsmart the mutineers to save themselves. **6.00** *Cycle of Violence:* 9/12. Captain Garnet has her work cut out for her when she must attempt diplomacy with a long-standing enemy of the GSA. (S2)
7.00 **Motorway Patrol**
12.00 M'T **to 1.00** AM **(GMT) The Russell Howard Hour** Topical comedy.
2.00 AM **(BST) A League of Their Own Road Trip: Southeast Asia**
4.00 **to 6.00** AM **Four Weddings**

MTV
126/127 824 134

6.00 AM **Daria** 4/13. (S4)
6.25 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Six editions.
7.00 **Catfish: Repeat Offenders** Breana has waited to marry Josh, but her love fades when she learns the truth.
8.00 **Catfish: The TV Show** Larissa tries to find out whether her online friend is trustworthy.
9.00 **Teen Mom: The Next Chapter** Leah navigates telling her daughters about her dad's cancer.
10.00 **FILM Kick-Ass 2** Action thriller sequel. (2013, 15, 99min) ★★★
12.00 M'T **to 1.00** AM **(GMT) Dating Naked UK**
2.00 AM **(BST) Aussie Shore**
3.00 **Ink Master**
3.40 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Harpoon Hunters** Captain Joe takes his sons to sea aboard the *Redrum*. **1.00** PM All bets are off when a legend joins the derby. **2.00** Three centuries-old fishing strategies compete. **3.00** Niko's zapper fails at the worst possible moment. **4.00** Joe and Tyler battle to capture oversized tuna. **5.00** A change in weather forces a shift in strategy.
6.00 **Gold Rush** Mitch Blaschke steps in as boss for the day.

6.00 How It's Made

7.00 **Gold Divers** Desperate to save his season, Shawn takes a pivotal leap of faith, while Vernon's diver gets into a risky tangle.
8.00 **Harpoon Hunters** Joe and Tyler fight for the top spot, but everything comes down to the final weigh-ins at the dock.
9.00 **Naked and Afraid** A series legend joins two new survivalists in the brutal Kentucky backwoods, where deadly copperheads and violent storms push them to the brink.
11.00 **Expedition Files** An ancient manuscript which may explain the origins of life.
12.00 M'T **to 1.00** AM **(GMT) Six Schizophrenic Brothers**
2.00 AM **(BST) Moonshiners: Master Distiller** Double bill.
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Tanked**
1.00 PM **Life at Vet University**
2.00 **Pit Bulls & Parolees**
4.00 **My Cat from Hell** Jackson Galaxy visits a house where four cats are always fighting.
5.00 **Animal Cops Philadelphia** The vets attempt to save a Doberman Pinscher's leg.
6.00 **Tanked** Alyssa Milano seeks an elegant aquarium complete with a built-in wine rack.

11.00 Meet the Orangutans

7.00 **Pit Bulls & Parolees** A woman offers one of Villalobos's senior dogs a home. Lizzy and Marcel search for a lost puppy.
8.00 **Legends of the Wild** Reports of Brazilian ranchers being attacked by an unknown creature.
9.00 **Legends of the Wild** Investigating endangered ridley sea turtles turning up dead along the beach in Costa Rica.
10.00 **Alaska: Surviving the Last Frontier** Carolyn Wise goes on a moose hunt and the Flower Lake group stalk squirrels.
11.00 **Meet the Orangutans** Toddlers are wheelbarrowed in. **11.30** The babies are at high risk from parasites.
12.00 M'T **to 1.00** AM **(GMT) Edge of Alaska**
2.00 AM **(BST) Animal Cops Philadelphia** Double bill.
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Mutant Weather**
12.00 NOON **Car S.O.S**
2.00 PM **Construction Fails**
3.00 **Destruction Decoded**
4.00 **Nazi Megastructures** A torpedo test facility and an advanced jet bomber.
5.00 **Apocalypse: Hitler Takes on the West** A look at Nazi offensives on Western nations during the World War Two. **6.00** The story of France under German occupation.

10.00 David Blaine: Do Not...

7.00 **Air Crash Investigation** Investigators are stumped when two planes collide while flying in the skies over southern Germany
8.00 **Air Crash Investigation** Similarities between a crash landing at Narita Airport and an accident at Newark Airport.
9.00 **Air Crash Investigation** Investigators struggle to gain access to the site where a Santa Barbara Airlines flight crashed.
10.00 **David Blaine: Do Not Attempt** The magician explores the art of illusion in Brazil, where he meets daredevils and artists.
11.00 **Situation Critical** The story of how the SAS launched a daring rescue mission in Sierra Leone in August 2000.
12.00 M'T **to 1.00** AM **(GMT) Mysterious Islands**
2.00 AM **(BST) Paranatural**
3.00 **Abandoned** Double bill.
4.00 **to 5.00** AM **Food Factory USA**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Flipping Bangers**
9.00 **The Curse of Oak Island**
10.00 **Pawn Stars** Triple bill.
1.00 PM **Greatest Prison Escapes with Billy Hayes** Four editions of the series, including at: **4.00** Alfie Hinds' exploits.
5.00 **Bradley Walsh: Egypt's Cosmic Code** Considering the riddle of the Sphinx.
6.00 **Ramses the Great: King of Ancient Egypt** Ramses II's reputation as most respected among the martial pharaohs.

9.00 Missing Presumed Dead

7.00 **Egypt's Unexplained Files** The secrets of health and wealth, from Queen Hatshepsut's death to a case of breast cancer.
8.00 **Egypt's Unexplained Files** Experts investigate whether colossal volcanoes toppled an ancient dynasty.
9.00 **Missing Presumed Dead** The story of Michael Scott Moore, who was captured and held for over two years by Somali pirates.
10.00 **Missing Presumed Dead** The story of a family who were stranded at sea for 38 days after their boat was attacked by whales.
11.00 **Mysteries Unearthed with Danny Trejo** Mysterious secrets lost deep inside various unseen chambers.
12.00 M'T **to 1.00** AM **(GMT) Forged in Fire** A deadly Malaysian backcountry tool.
2.00 AM **(BST) Forged in Fire**
3.00 **to 6.00** AM **Pawn Stars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **American Pickers**
9.00 **The World at War**
2.00 PM **Porridge** Harris drops pills into Fletcher's cuppa. **2.40** Fletcher objects to having a third cellmate. **3.20** The inmates decide to stage a mock trial.
4.00 **One Foot in the Grave** Victor clashes with a pesky plumber. **4.40** Victor is plagued by bees.
5.20 **James May's Toy Stories** The host recreates the Brooklands racing circuit using Scalextric. **6.20** A full-size Lego house.

6.20 James May's Toy Stories

7.20 **James May's Toy Stories** James tries to build the world's longest model railway track, covering a 10-mile route between the Devon towns of Barnstaple and Bideford.
8.20 **Bangers & Cash** Derek heads to Co Durham, where a man is reluctantly letting his late father's car collection go. **9.20** Dave collects a Ford Fiesta XR2i that has not moved in 21 years, while Derek finds a 1956 Siva Tourer. **10.20** Dave meets the owner of a Reliant Robin who is selling it to raise money for charity.
11.20 **Bangers & Cash** Jack and Amy collect some motorbikes in the north east of England.
12.25 **to 1.05** AM **(GMT) Make It at Market** Nyanda makes impressive jewellery, but needs marketing support.
2.05 **to 3.00** AM **(BST) Make It at Market**

+1hour 255 329

Saturday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Shed and Buried: Classic Cars**
9.00 **The Ultimate Cycling Show** A comprehensive guide to bike racing.
10.00 **Wheeler Dealers**
2.00 PM **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
6.00 **Richard Hammond's Workshop** Triple bill.
9.00 **MotoGP** The Grand Prix of the Americas.
10.00 **Vinnie Jones in the Country** Vinnie's toilet build is behind schedule.
11.00 **Outback Opal Hunters** When the excavator breaks down, Mark comes up with a plan.
12.00 M'T **to 1.00** AM **(GMT) Outback Truckers**
2.00 AM **(BST) Treasure Quest: Snake Island**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **Where Murder Lies**
7.00 **Where Murder Lies** The story of Russell Ray. **8.00** An elderly couple murdered in their home.
9.00 **A Killer's Mistake** New edition Patients at a respected Texas hospital die unexpectedly.
10.00 **999 Murderer Calling** New edition The heartbreaking death of a 10-month-old baby.
11.00 **Faking It: Tears of a Crime** Documentary.
12.00 M'T **to 1.00** AM **(GMT) The Murder of Gabby Petito: A Faking It Special** Documentary.
2.00 AM **(BST) Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Black Widow Murders** A Canadian woman leaves a trail of lovers falling victim to mysterious illnesses.
7.00 **Bloodline Detectives** Using genetic genealogy to unmask a murderer.
8.00 **Murder She Solved** Sergeant Barbara Eckert uses DNA evidence to solve a case.
9.00 **A Secret to Die For** All bets are off when a high-stakes game involving secrets and infidelity explodes with deadly consequences. **10.00** High rolling lifestyles turn deadly in a tale of lies and murder.
11.00 PM **to 1.00** AM **(GMT) Cold Justice Sex Crimes**
2.00 AM **(BST) A Secret to Die For** Double bill.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **New Scotland Yard Files** Five editions.
2.00 PM **Medical Detectives** The story of a triple homicide in Wisconsin. **2.30** A reported suicide turns out to be much worse than it seems. **3.00** A vehicle involved in a pedestrian's death. **3.30** Investigators piece together evidence of a woman's murder. **4.00** A man dies due to a boating accident. **4.30** Arsenic was found in the blood of a dead woman who was due to testify in court.
5.00 **Evidence of Evil**
6.00 PM **to 1.05** AM **(GMT) Judge Judy** Real-life small-claims cases.
2.05 AM **(BST) Judge Judy**
3.00 **Uncovering Intimate Partner Abuse**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Road Wars**
8.00 **Highway Patrol**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **How I Caught the...**
2.00 **Murdered at First Sight**
3.00 **Murders That Shocked the Nation** Double bill.
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** Philip Smith.
9.00 **How I Caught the Killer**
10.00 **Murder Uncut**
11.00 **Killing Mum and Dad**
12.00 M'T **to 1.00** AM **(GMT) Ireland's Most Evil Killers**
2.00 AM **(BST) What the Killer Did Next**
3.00 **The Killer Within**
4.00 **An Unexpected Killer**
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **The Ghost Army**
9.10 **The Lost Colony of Roanoke** 1&2/2.
11.10 **Cheating Hitler: Surviving the Holocaust**
1.00 PM **The Lost Colony of Roanoke** 1&2/2.
3.00 **Spy Ops** Four editions.
6.40 **The Lost Colony of Roanoke** 1&2/2. An investigation into the disappearance of the English colonists of Roanoke Island.
8.40 **The Ghost Army** The story of a US Army unit who used inflatable tanks and sound effects during World War Two to fool the enemy.
9.55 **Cheating Hitler: Surviving the Holocaust** Three Canadian Holocaust survivors search for clues to unanswered questions from their pasts.
12.00 M'T **to 1.00** AM **(GMT) Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Richard Attenborough**
7.00 **Discovering: John Hurt**
8.00 **The Directors**
9.55 **Eyes on the Prize III**
11.00 **Laurel and Hardy: Their Lives and Magic**
1.00 PM FILM **The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
3.00 **Lancaster** The story of the legendary bomber synonymous with the Dambusters.
5.10 **Stasi FC** A look at the East German secret service's control of BFC Dynamo.
7.00 **Bobby Robson: More Than a Manager** Exploring the life and career of the much-loved former football manager.
9.00 **Hatton** A profile of former boxer Ricky Hatton.
11.00 PM **to 1.30** AM **(GMT) Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life.
2.30 AM **(BST) Who Killed the KLF?** The rise and fall of The KLF.
4.20 **to 6.00** AM **Time Bomb Y2K**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Africa's Wild Year**
9.00 **Monkey Life**
10.00 **Surviving the Amazon**
12.00 NOON **The Great Elephant Tale** Documentary.
1.00 PM **Cub Camp**
2.00 **Secrets of the Enchanted Forests** Double bill of editions.
4.00 **America's Wild Border: Northern Exposure**
5.00 **David Attenborough's Galapagos** 1-3/3. Triple bill.
8.00 **Africa's Hunters** A clan of hyenas endure challenges.
9.00 **Battle of the Alphas** Examining the struggle for dominance in the natural world. **9.30** The conflicts between the animals of Australia.
10.00 NEW SERIES **Wild Fighters** Examining the different reasons that animals fight. **11.00** New edition The survival of species that live in packs.
12.00 M'T **to 1.00** AM **(GMT) Africa's Hunters** As shown at 8.00pm.
2.00 AM **(BST) Battle of the Alphas**
3.00 **to 6.00** AM **A Cheetah's Pride**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens: The Ultimate Evidence**
7.00 **Ancient Aliens** Double bill.
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 NOON **Ancient Aliens: The Ultimate Evidence**
1.00 PM **Ancient Aliens**
2.00 **What on Earth?**
3.00 **Hitler's British Island**
5.00 **Deadman's Curse**
6.00 **Cursed Histories**
7.00 **Digging for Britain** Alice Roberts visits archaeological digs in the north of Britain. **8.00** The east of Britain.
9.00 **American Godfathers: The Five Families** Documentary.
11.00 **Ancient Aliens** The theory that Satan was extraterrestrial. **12.00** M'T **to 1.00** AM **(GMT)** Whether extraterrestrials influenced the Sumerians.
2.00 AM **(BST) Ancient Aliens**
3.00 **American Godfathers: The Five Families** As 9.00pm.
5.00 **to 6.00** AM **Instruments of Death**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **#Textmewhenyougethome**
3.00 **Witness to Murder: Digital Evidence** Double bill.
5.00 **Cold Case Files: DNA Speaks**
6.00 **Cold Case Files: Murder in the Bayou** Krystal Jean Baker.
7.00 **Gypsy Rose: Life After Lock Up** Documentary.
8.00 **Secrets of Polygamy**
9.00 **Fatal Family Feuds**
10.00 **Cops Gone Bad with Will Mellor** Timothy Brehmer.
11.00 **Who Murdered You, Mum?**
12.00 M'T **to 1.00** AM **(GMT) Britain's Darkest Taboos**
2.00 AM **(BST) Britain's Darkest Taboos** Documentary.
3.00 **Gypsy Rose: Life After Lock Up** New edition True-crime.
4.00 **Murder by Medic**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Fish Tank Kings**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's Hidden Wonders**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City** The team deal with a super-sized serpent that is killing livestock. **6.00** Snake catchers look for a potentially venomous snake.
7.00 **Savage Kingdom** A lioness must make a terrible choice.
8.00 **The Incredible Dr Pol** New editions The vets deal with after-hours emergencies. **9.00** The show celebrates its 10th anniversary.
10.00 **Alaska's Grizzly Gauntlet** Les Stroud follows the migration of the Arctic Alaskan Caribou.
11.00 **Snakes in the City** Simon has his hands full with a mamba.
12.00 M'T **to 1.00** AM **(GMT) Alaska: The Next Generation**
2.00 AM **(BST) Alaska: The Next Generation** Alaskans endure the harsh arctic winter.
3.00 **to 5.00** AM **Secrets of the Zoo**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Chris Barrie's Massive Engines** A look into the history of passenger aircraft. **6.30** A look at how steam engines evolved in the 1880s. **7.00** The development of engines on boats, from their humble steam-powered beginnings in the 18th century. **7.30** Focusing on the development of truck engines. **8.00** The history of airships.
8.30 **How It's Made**
9.00 **Massive Engineering Mistakes** Triple bill of the series in which experts analyse what went wrong with the world's extraordinary building mistakes.
12.00 M'T **to 1.00** AM **(GMT) Incredible Engineering Blunders: Fixed**
2.00 **to 5.00** AM **(BST) Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Shipwreck Secrets**
1.00 PM **Shipwreck Secrets**
5.00 **The Bill** *Off The Leash:* Former Sun Hill typist Delia French starts work as a probationary WPC. **5.30** *Family Ties:* Sun Hill is forced to accommodate a mentally-ill prisoner. **6.00** *Old Friends:* DS Roach pays a visit to the hospital after an 82-year-old becomes the victim of a mugging. **6.30** *Pride and Prejudice:* Garfield and Stamp arrest a man who reveals he has AIDS.
7.00 **Top of the Pops** Triple bill.
9.00 **The Brokenwood Mysteries** *Exposed to the Light:* 5/6. A fundraising evening at the historic Brokenwood Empire cinema becomes fatal when a fire breaks out, and after the smoke clears, a businessman is found strangled. (S7)
11.00 PM **to 1.15** AM **(GMT) The Bill**
2.15 AM **(BST) Top of the Pops**
4.05 **to 6.00** AM **The Brokenwood Mysteries**

+1 hour 266 376

ID

154 166

8.00 AM **Mother, May I Murder?**
10.00 **Calls from the Inside**
12.00 NOON **American Detective with Lt Joe Kenda**
2.00 PM **Disappeared** Double bill.
4.00 **American Monster**
6.00 **The Killer Beside Me** A case in which an employee of an exotic wildlife park vanished. **7.00** A stalker who tracked a woman to carry out a plan.
8.00 **People Magazine Investigates** The death of genocide survivor Dr Haing Ngor.
9.00 **Dead Silent** A mansion said to house terrible secrets.
10.00 **Born Evil: The Serial Killer & the Saviour** Detectives take Hadden and Jesus on road trips to hunt for bodies and clues.
11.00 **Murder in the Heartland**
12.00 M'T **to 1.00** AM **(GMT) The Curious Case of Natalia Grace: Natalia Speaks**
2.00 AM **(BST) The 1990s: The Deadliest Decade**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Salvage Hunters: Classic Cars** Five editions of the series, including at: **4.00** PM Drew and Paul enter a Lancia Fulvia into a prestigious concours event.
5.00 **Kindig Customs** The crew try to repair a dilapidated 1932 Roadster sent through from another shop on more than one occasion, while also trying to rescue a 1940 Coupe. **6.00** The team are challenged to bring a 1994 Impala police cruiser up to date, and tackle a purple 1969 Mustang. **7.00** A 1954 Ford receives a lean, mean makeover, while a new Challenger gets a retro-themed update.
8.00 **Motor Pickers** Six editions.
11.00 **Ant Anstead Master Mechanic**
12.00 M'T **to 1.00** AM **(GMT) Ant Anstead Master Mechanic**
2.00 **to 5.00** AM **(BST) Texas Metal**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.25 AM **Sneaks** As 4.30pm.
9.05 **The Good Half** Drama. (2023, 15, 96min) ★★★
10.45 **It Ends with Us** As 8.00pm.
1.05 PM PREMIERE **Babes** (2024)
2.55 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.30 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
6.10 PREMIERE **Babes** Comedy. (2024, 15, 104min) ★★★★
See review, page 23.

6.10 Babes

8.00 **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 PM **to 1.30** AM **(GMT) Horizon: An American Saga – Chapter 1** Western directed by and starring Kevin Costner. A cowboy goes on the run with a prostitute and a young lad after killing a fellow gunman. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

2.30 AM **(BST) Skincare** Comedy thriller with Elizabeth Banks. (2024, 18, 86min) ★★★
4.20 **to 6.00** AM **Noah's Ark** Animation. (2024, U, 96min)

Sky Cinema Hits

303 403 503 517

7.00 AM **Monolith** Mystery thriller. (2022, 15, 90min) ★★★
8.50 **Arcadian** As 3.20am.
10.40 **Hypnotic** As 12.10am.
12.30 PM **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
2.30 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
4.15 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
6.00 **Barbie** Comedy with Margot Robbie and Ryan Gosling. (2023, 12, 114min) ★★★★

8.00 The Truman Show

8.00 **The Truman Show** Satirical comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Natascha McElhone and Ed Harris. (1997, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **You've Got Mail** Comedy with Tom Hanks and Meg Ryan as two bookshop owners who hate one another in real life but are lovers in cyberspace. (1998, PG, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 **to 2.00** AM **(GMT) Hypnotic** Action thriller starring Ben Affleck and Alice Braga. (2023, 15, 93min) ★★★
3.00 **(BST) Sky Cinema Preview**
3.20 **Arcadian** Horror with Nicolas Cage and Jaeden Martell. (2024, 15, 92min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.30 AM **You Can Live Forever** (2022)
8.15 **Mass** Drama with Jason Isaacs. (2021, 12, 111min) ★★★★★
10.20 **The Hanging Sun** Drama. (2022, 15, 93min) ★★
12.00 NOON **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★
1.50 PM **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
4.00 **North Hollywood** Comedy drama. (2021, 15, 93min) ★★★
5.45 **A Good Person** Writer/director Zach Braff's drama with Florence Pugh and Morgan Freeman. (2022, 15, 129min) ★★★★
8.00 **Oppenheimer** Biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. (2023, 15, 180min) ★★★★★
11.10 **L'immensità** Italian drama starring Penélope Cruz. (2022, 12, 99min) ★★
12.55 **to 2.40** AM **(GMT) You Can Live Forever** Romantic drama starring Anwen O'Driscoll. (2022, 15, 96min) ★★★
3.40 **(BST) Calvary** Comedy drama. (2014, 15, 99min) ★★★★
5.30 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Sci-fi/Horror

311 411 511 525

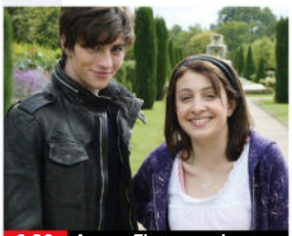
7.45 AM **Something in the Dirt**
9.50 **Star Trek: First Contact** Sci-fi adventure with Patrick Stewart. (1996, 12, 110min) ★★★★
11.55 **Minority Report** Steven Spielberg's sci-fi thriller. (2002, 12, 145min) ★★★★
2.30 PM **Paranormal Activity: The Ghost Dimension** Horror thriller sequel starring Chris J Murray. (2015, 15, 88min) ★
4.15 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
6.10 **The First Purge** Thriller prequel starring Y'lan Noel, Lex Scott Davis, Joivan Wade and Marisa Tomei. (2018, 15, 98min) ★★
8.00 **Ready Player One** Steven Spielberg's adventure starring Tye Sheridan and Olivia Cooke. (2018, 12, 140min) ★★★★
10.20 **Hannibal Rising** Thriller prequel tarring Gaspard Ulliel and Gong Li. (2007, 18, 116min) ★★★
12.25 **to 2.30** AM **(GMT) Something in the Dirt** Comedy drama. (2022, 15, 116min) ★★★★
3.30 **(BST) There's Something in the Barn** Festive comedy horror. (2023, 15, 100min) ★★
5.20 **to 6.20** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.10 AM **Harriet the Spy** Comedy. (1996, PG, 97min) ★★★★
9.00 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
10.30 **The Witches** (1989) ★★★★
12.10 PM **Charlie and the Chocolate Factory** Fantasy. (2005, PG, 115min) ★★★★
2.15 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
4.00 **Hook** Fantasy. (1991, U) ★★★
6.30 **Angus, Thongs and Perfect Snogging** (2008, 12) ★★★★


6.30 Angus, Thongs and...

8.20 **The Flintstones** Comedy based on the classic cartoon series set in the Stone Age town of Bedrock, starring John Goodman, Rick Moranis, Elizabeth Perkins and Rosie O'Donnell. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

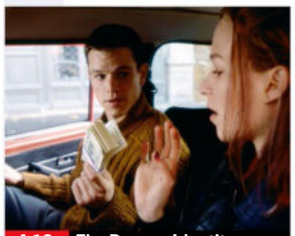
10.00 **The Flintstones in Viva Rock Vegas** Comedy prequel starring Mark Addy. Fred Flintstone and Barney Rubble take their girlfriends to Rock Vegas. (2000, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 PM **to 1.30** AM **(GMT) Daddy Day Camp** Comedy sequel. (2007, PG, 88min) ★★
2.30 AM **(BST) The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★
4.15 **to 6.00** AM **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★

Sky Cinema Action

307 407 507 521

6.00 AM **The Bourne Identity**
8.00 **The Bourne Supremacy**
9.50 **The Bourne Ultimatum** (2007)
11.50 **The Bourne Legacy** (2012)
2.05 PM **Jason Bourne** As 12.15am.
4.10 **The Bourne Identity** Spy thriller starring Matt Damon and Franka Potente. (2002, 12, 119min) ★★★★★
6.10 **The Bourne Supremacy** Spy thriller sequel starring Matt Damon and Brian Cox. (2004, 12, 108min) ★★★★


4.10 The Bourne Identity

8.00 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles and David Strathairn. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Bourne Legacy** Action thriller sequel starring Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 **to 2.20** AM **(GMT) Jason Bourne** Espionage thriller starring Matt Damon. The former government operative is drawn out of hiding. (2016, 12, 123min) ★★★
3.20 **(BST) The Bourne Identity**
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 408 508 522

7.25 AM **The Men Who Stare at Goats** (2009, 15) ★★★
9.15 **Disaster Movie** As 8.00pm.
10.55 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
12.50 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
2.50 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
4.45 **Horrible Bosses** (2011) ★★★
6.25 **National Security** Comedy. (2003, 12, 88min) ★

9.30 Seven Psychopaths

8.00 **Disaster Movie** Spoof comedy starring Matt Lanter. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Seven Psychopaths** Dark comedy thriller starring Colin Farrell, Sam Rockwell, Christopher Walken and Woody Harrelson. A Hollywood screenwriter gets caught up in murderous mayhem after his friend kidnaps a mobster's prized dog. (2012, 15, 106min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 PM **to 1.20** AM **(GMT) Spoiler Alert** Comedy drama. (2022, 15, 112min) ★★★
2.20 AM **(BST) Chalet Girl** Comedy. (2011, 12, 97min) ★★★
4.00 **National Security** (2003)
5.40 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Gangsters

309 409 509 523

6.55 AM **The Cinema List**
7.15 **The Italian Job** Crime thriller. (2003, 12, 110min) ★★★
9.15 **Gran Torino** Drama. (2008, 15, 116min) ★★★★
11.20 **Barbarians** Crime thriller. (2021, 15, 89min) ★★★
1.05 PM **The Equalizer 3** Thriller sequel. (2023, 15) ★★★
3.05 **Boyz N the Hood** Drama. (1991, 15, 111 min) ★★★★★
5.00 **The Godfather** Epic drama. (1971, 15, 167min) ★★★★★

8.00 The Godfather Part II

8.00 **The Godfather Part II** Francis Ford Coppola's crime drama sequel starring Al Pacino and Robert De Niro. Having escaped to the US following his mother's murder by a Mafia don, Vito Corleone rises to prominence as a feared gangster. Fifty years later, his son Michael consolidates his position as the head of his late father's empire. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 PM **to 2.30** AM **(GMT) The Godfather Part III** Concluding chapter of Francis Ford Coppola's gangster epic starring Al Pacino, Diane Keaton and Talia Shire. (1990, 15, 162min) ★★★★
3.30 AM **(BST) To Catch a Thief** Romantic Hitchcock comedy thriller starring Cary Grant. (1955, PG, 102min) ★★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Seeker: The Dark is Rising** Fantasy adventure. (2007, 12, 98min) ★★
12.55 PM **Weathering with You** Animated fantasy drama. (2019, 12, 112min) ★★★★
3.10 **Transformers: Revenge of the Fallen** Sci-fi adventure sequel. (2009, 12, 149min) ★★★
6.10 **Clear and Present Danger** Action thriller with Harrison Ford. (1994, 12, 141 min) ★★★

11.10 Klokkenluider

Clear and Present Danger (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Predator** Sci-fi action thriller starring Boyd Holbrook and Trevante Rhodes. A band of former soldiers and a scientist attempt to defeat a savage extra-terrestrial warrior. (2018, 15, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **PREMIERE** **Klokkenluider** Dark comedy starring Jenna Coleman and Tom Burke. A government whistleblower and his wife are sent to a remote house in Belgium, and await the arrival of a British journalist. (2022, 15, 84min) ★★★ *See review, page 25.*
12.50 **to 2.45** AM **(GMT) Kill List** Crime chiller with Neil Maskell. (2011, 18, 92min) ★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

7.00 AM **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
8.40 **Lee** Biopic starring Kate Winslet. (2023, 15, 117min) ★★★
10.40 **Ready Player One** Sci-fi adventure starring Tye Sheridan. (2018, 12, 140min) ★★★★
1.00 PM **Dune: Part Two** Sci-fi drama with Timothée Chalamet. (2024, 12, 166min) ★★★★★
3.50 **Catch Me If You Can** Steven Spielberg's crime adventure. (2002, 12, 141min) ★★★★★
6.15 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **The Meg** Action thriller starring Jason Statham and Li Bingbing. (2018, 12, 113min) ★★★
10.00 **Meg 2: The Trench** Thriller sequel starring Jason Statham. A mining operation unleashes a school of megalodon sharks. (2023, 12, 115min) ★★★
12.00 M'T **to 2.25** AM **(GMT) The Shawshank Redemption** Drama. (1994, 15, 142min) ★★★★★
3.25 AM **(BST) The Adventures of Baron Munchausen** Adventure. (1988, PG, 126min) ★★★★
5.45 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 404 504 518

6.35 AM **Police Story 3: Supercop** Thriller sequel starring Jackie Chan. (1992, 15, 91min) ★★
8.25 **Hondo** Western with John Wayne. (1953, PG, 84min) ★★★★
10.05 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
12.00 NOON **Forrest Gump** (1994)
2.25 PM **Back to the Future Part III** Comedy adventure sequel. (1990, PG, 112min) ★★★★
4.25 **Star Trek V: The Final Frontier** Sci-fi adventure sequel. (1989, PG, 100min) ★★
6.15 **The Italian Job** Classic crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
8.00 **Forrest Gump** Whimsical fable with Tom Hanks, Robin Wright, Gary Sinise and Sally Field. (1994, 12, 136min) ★★★★
10.25 **Ghost** Romantic fantasy thriller starring Patrick Swayze, Demi Moore and Whoopi Goldberg. (1990, 12, 127min) ★★★★
12.35 **to 2.50** AM **(GMT) Last Action Hero** Fantasy comedy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★
3.50 **(BST) Cinema List: Remakes, Reboots & Reimaginating**
4.20 **to 6.00** AM **High Noon** Western. (1952, b/w, U, 85min) ★★★★★

Sky Cinema Animation

305 412 500 514

7.15 AM **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.05 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
11.05 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
12.35 PM **Madagascar: Escape 2 Africa** Animated sequel. (2008, PG, 89min) ★★★
2.15 **Trolls Band Together** Animated musical. (2023, U, 91 min) ★★★
4.00 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
5.50 **Despicable Me** Animation. (2010, U, 94min) ★★★★
7.30 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
9.10 **Over the Hedge** Animated comedy with the voice of Bruce Willis. (2006, U, 83min) ★★★★
10.35 **Two by Two** Animated family adventure with the voices of Tara Flynn and Dermot Magennis. (2015, U, 85min) ★★
12.05 **to 1.45** AM **(GMT) The Road to El Dorado** Animated comedy. (2000, U, 89min) ★★★
2.45 **(BST) Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★★
4.25 **to 6.00** AM **The Inseparables** Animation. (2023, U) ★★★

Movies 24

312 419

7.00 AM **Girlfriendship** Romantic comedy. (2022, PG, 84min) ★★
9.00 **A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
11.00 **Pumpkin Everything** Romantic comedy. (2022, PG, 84min) ★★
1.00 PM **For the Love of Lily** Drama. (2024, PG, 90min) ★★
3.00 **Wedding of a Lifetime** Comedy with Jonathan Bennett. (2022, PG, 84min) ★★
5.00 **A Safari Romance** Romantic comedy. (2023, PG, 84min) ★★
7.00 **Heart of the Manor** Romantic comedy starring Ashlynn Yennie. (2021, PG, 85min) ★★
9.00 **Groundswell** Romantic comedy starring Lacey Chabert and Ektor Rivera. A surf instructor helps a chef to get her life on track after a series of setbacks. (2022, PG, 84min) ★★
11.00 PM **to 1.00** AM **(GMT) Autumn at Apple Hill** Romantic comedy. (2024, PG, 84min) ★★
2.00 AM **(BST) The Story of Love** Romantic comedy starring Brittany Bristow and Franco Lo Presti. (2022, PG, 91 min) ★★
4.00 **to 6.00** AM **Styled with Love** Comedy. (2022, PG, 89min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Sherlock Holmes** (S1)
6.35 **Dick Tracy** (1945, b/w, PG) ★★★
7.55 **Black Saddle** 20/24. (S2)
8.25 **Space Patrol** 2/39. (S1)
9.00 **Batman** 10/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Phantom Creeps** 4/12. (S1)
10.25 **The Big Catch** (1967, U) ★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Planet Outlaws** Adventure. (1953, b/w, PG) ★★
1.25 PM **Bela Lugosi**
1.35 **One Step Beyond** 5/22. (S1)
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5**
3.00 **Captain Scarlet and the Mysterons** 12/32. (S1)
3.35 **Broken Journey** Survival drama. (1948, b/w, PG, 89min) ★★
5.20 **The Trollenberg Terror** Horror. (1958, b/w, PG, 84min) ★
7.00 **Z Cars** 4/13. (S11)
8.00 **A Family at War** 6/13. (S1)
9.00 **The 39 Steps** Spy adventure. (1959, U, 93min) ★★★
10.50 **Roadgames** (1981, 15) ★★
12.50 **to 1.00** AM **(GMT) Look at Life**
2.00 **(BST) A Prayer for the Dying** Thriller. (1987, 15, 108min) ★★★
4.10 **Prisoners of the Tower**
4.55 **A Lifetime Ago with the Baim Collection**
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

29 March

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
8.00 LIVE **DP World Tour Golf** The third day of the Hero Indian Open from DLF Golf and Country Club.
11.00 LIVE **EFL Watford v Plymouth Argyle.** Coverage of the Championship match from Vicarage Road. Kick-off 12.30pm.
3.00 PM LIVE **PGA Tour Golf** Coverage of day three of the Texas Children's Houston Open.
5.00 LIVE **SPFL Dundee v Rangers.** The Scottish Premiership match from Scot Foam Stadium at Dens Park. Kick-off 5.30pm.
7.30 LIVE **WTA Tennis** Coverage of the Miami Open women's final staged at Miami Gardens, Florida.
9.00 LIVE **PGA Tour Golf** Further coverage of day three of the Texas Children's Houston Open.
10.00 PM **to 1.00** AM **(GMT)** LIVE **LPGA Tour Golf** The third day of the Ford Championship staged at Whirlwind Golf Club in Arizona.
2.00 AM **(BST)** LIVE **Fight Night International Mikaela Mayer v Sandy Ryan.** The WBO world welterweight title bout.
5.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 NOON **Gillette Soccer Saturday: Build-Up**
3.00 PM **Gillette Soccer Saturday**
5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
7.00 **Sticker Book** James Maddison. **7.15** Trent Alexander-Arnold.
7.30 **The Big Padel Match**
7.45 **Carragher vs Thomas Frank**
8.00 **Chasing the Dream** A look into the English football system. **8.30** Tony Pulis and Rob Dorsett find out how footballers make it. **9.00** The stories of some of those who dropped out of the system. **9.30** How the academy system differs across the football pyramid.
10.00 PM **to 1.00** AM **(GMT) Class of '92: Full Time** Documentary series following Salford City.
2.00 AM **(BST) PL Retro** Liverpool v Blackburn Rovers from 1994/95.
4.00 **PL Greatest Games**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
6.15 **EFL** The 2017/18 play-off finals.
9.15 **EFL Greatest Games**
9.45 **EFL Highlights** Championship.
10.00 **Saturday Social**
11.00 LIVE **EFL Watford v Plymouth Argyle.** Coverage of the Championship match at Vicarage Road, as both sides go in search of an important three points. The hosts are still battling for a place in the play-offs while the visitors are fighting for survival at the bottom of the table. Kick-off 12.30pm.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **SPFL Dundee v Rangers.** Coverage of the Scottish Premiership match from Scot Foam Stadium at Dens Park. The visitors have picked up four points against their hosts this season, including a 1-1 draw at this ground in early January. Kick-off 5.30pm.
8.00 **Bundesliga** Another chance to see Bayern Munich v FC St Pauli.
10.00 **EFL Highlights**
12.00 M'T **SPFL Highlights** Action from Dundee v Rangers.
12.15 **to 1.00** AM **(GMT) EFL Highlights**
2.00 **to 6.00** AM **(BST) EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Chennai Super Kings v Royal Challengers Bengaluru.
10.10 **Ashes Greats** Action from 2001.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent action from India.
1.50 PM LIVE **Indian Premier League Gujarat Titans v Mumbai Indians.** Coverage of the T20 match from Narendra Modi Stadium in Ahmedabad. This meeting last season saw a closely-contested match with Gujarat coming away with a six-run victory. The hosts made 168-6 in their 20 overs, mainly thanks to Sai Sudharasan's 45 off 39 balls. Mumbai struggled in their response and could only make 162-9, with Dewald Brevis top-scoring with 46 from 38 balls.
6.00 **Ashes Greats** Archive action.
6.30 **Best of ICC WT20**
7.00 **IPL** Recent highlights, featuring Chennai Super Kings v Royal Challengers Bengaluru and Gujarat Titans v Mumbai Indians.
12.00 M'T **to 4.10** AM **(GMT) IPL**
5.10 AM **(BST) Ashes Greats**
5.30 **ICC Women's World Cup 2013**
5.45 **to 6.00** AM **ICC Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
7.00 **PGA Tour Champions**
7.30 **Tour Golf Highlights**
8.00 LIVE **DP World Tour Golf** Day three of the Hero Indian Open.
12.30 PM **Tour Golf Highlights**
1.00 **PGA Tour Champions**
2.00 **The Open Zone**
3.00 LIVE **PGA Tour Golf** Day three of the Texas Children's Houston Open at Memorial Park Golf Course.
10.00 PM **to 1.00** AM **(GMT)** LIVE **LPGA Tour Golf** The third day of the Ford Championship staged at Whirlwind Golf Club in Arizona.
2.00 AM **(BST) Asian Tour Golf**
3.00 **PGA Tour Golf** Texas Open.
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Indian Wells.
6.30 **ATP Tour This Week**
7.00 **WTA & ATP Tennis** Miami Open.
11.00 **ATP Tennis** Rio de Janeiro Open.
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA & ATP Tennis**
4.30 LIVE **ATP Tennis** Miami Open men's doubles final in Florida.
6.30 LIVE **WTA Tennis** Coverage of the Miami Open women's final.
9.00 PM **to 1.00** AM **(GMT) WTA & ATP Tennis** Recent finals.
2.00 AM **(BST) WTA Tennis**
4.00 **Bitesize Tennis** Highlights.
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 521 408 430

6.30 AM **TNT Sports Cricket Reload**
6.45 **Champions League Magazine**
7.15 **Cycling** Tour of Catalunya.
8.15 **TNT Sports Cricket Reload**
8.30 LIVE **AFL Hawthorn Hawks v GWS Giants.** Bounce-up 8.35am.
11.30 **The Ultimate Cycling Show**
12.30 PM **MLB Highlights**
1.30 **Premiership Rugby Union**
2.30 LIVE **Gallagher Premiership Rugby Union Bath v Harlequins.** From the Recreation Ground. Kick-off is at 3.05pm.
5.15 LIVE **Gallagher Premiership Rugby Union Gloucester v Bristol Bears.** Coverage of the match staged at Kingsholm Stadium. Kick-off 5.30pm.
7.45 **TNT Sports Reload**
8.00 **One Day International Cricket**
9.00 LIVE **UFC** The preliminary bouts.
11.00 PM **to 2.30** AM **(GMT)** LIVE **UFC Brandon Moreno v Steve Erceg.** Coverage of the flyweight bout from Arena CDMX in Mexico.
3.30 AM **(BST) MotoGP**
4.00 **Superbike World Championship**
4.30 **TNT Sports Cricket Reload**
5.00 **to 8.00** AM LIVE **AFL Adelaide Crows v North Melbourne Kangaroos.** Bounce-up 5.20am.

TNT Sports 2

411 871 522 409 431

6.30 AM **MotoGP** GP of America.
7.00 LIVE **HSBC SVNS** From Kai Tak Sports Park in Hong Kong.
10.45 **Sport in Focus**
11.00 LIVE **HSBC SVNS** Further coverage from Hong Kong.
12.30 PM **Discovery Golf**
1.00 **MotoGP** GP of America.
1.30 LIVE **MotoGP** The Grand Prix of the Americas Moto2 and Moto3 second practice sessions.
3.45 LIVE **MotoGP** The Grand Prix of the Americas MotoGP qualifying.
5.45 LIVE **MotoGP** Coverage of the Grand Prix of the Americas Moto2 and Moto3 qualifying sessions.
7.45 LIVE **MotoGP** The Grand Prix of the Americas MotoGP sprint race.
8.45 **Superbike World Championship**
9.15 **MotoGP Films**
9.30 **Premiership Rugby Union**
11.30 PM **to 1.45** AM **(GMT)** LIVE **NWSL Kansas City Current v Utah Royals FC.** Coverage of the match from CPKC Stadium in Kansas City. Kick-off 11.30pm.
2.45 AM **(BST) TNT Sports Reload**
3.00 **to 6.00** AM LIVE **HSBC SVNS** The first session on day three of the fifth round of the season at Kai Tak Sports Park in Hong Kong.

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Crusaders v Moana Pasifika.** Coverage of the match from the seventh round of fixtures at Apollo Projects Stadium in Christchurch, New Zealand. Kick-off 6.05am.
8.00 **Top Rank Boxing Archive**
8.35 LIVE **NRL Cronulla-Sutherland Sharks v Canterbury Bulldogs.** Coverage of the match from the fourth round of fixtures staged at Sharks Stadium. Kick-off 8.35am.
10.35 **My Icon** Leon Pryce.
10.45 **Top Rank Boxing Archive**
11.00 **Fight Night International**
12.00 NOON **Super League Highlights** Action from 2024.
1.00 PM **The Rugby Championship**
3.00 **Fight Night** Jonas v Mayer.
4.00 **Super League Highlights**
4.30 **Fight Night International**
5.30 **Super League Highlights**
6.00 **Premier League Darts**
10.00 **Darts Gold** Archive action.
11.00 **Fight Night International**
12.00 M'T **to 4.30** AM **(GMT)** LIVE **Fight Night International Mikaela Mayer v Sandy Ryan.** The WBO world welterweight title bout at Fontainebleau Las Vegas.
5.30 **to 6.00** AM **(BST) Super League**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Soccer Saturday Pre-Match**
11.00 **EFL Build-Up**
12.25 PM LIVE **EFL Hull City v Luton Town.** Coverage of the Championship match at MKM Stadium. Both of these teams have been locked in a battle to avoid relegation to League One for most of this campaign, and a victory in this contest could prove vital for their chances of avoiding the drop. Kick-off 12.30pm.
3.00 **Gillette Labs Soccer Saturday**
5.00 **EFL Greatest Games**
5.15 **Bundesliga Top 5 Brazilian Goals** Archive action.
5.20 LIVE **Bundesliga Eintracht Frankfurt v VfB Stuttgart.** Coverage of the German top-flight match at Deutsche Bank Park. Kick-off 5.30pm.
7.30 **Sky Sports News**
10.00 PM **to 2.30** AM **(GMT)** LIVE **NCAA Basketball** Coverage of the Elite Eight matches in the East and West regional sections of the college basketball tournament.
3.30 **to 6.00** AM **(BST) Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **My Icon** Solomon Wilcots.
6.15 **Top Rank Boxing Archive**
7.30 **My Icon** Sporting influences.
8.00 **Super League Highlights**
8.15 **My Icon** Solomon Wilcots.
8.30 LIVE **Super Rugby Queensland Reds v Western Force.** Coverage from Suncorp Stadium. Kick-off 8.35am.
10.30 **Top Rank Boxing Archive**
11.45 **My Icon** Solomon Wilcots.
12.00 NOON **Fight Night International**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International**
10.00 **Top Rank Boxing Archive**
11.30 **My Icon** Sporting influences.
12.00 M'T **to 2.00** AM **(GMT) The Rugby Championship**
3.00 AM **(BST) My Icon**
3.30 **Fight Night International**
5.30 **to 6.00** AM **NFL Highlights**

TNT Sports 3

413 874 523 410 432

8.00 AM **NBA on Fire** The latest news.
8.30 LIVE **Ski Jumping** In Planica.
10.15 **TNT Sports Reload**
10.30 LIVE **Superbike World Championship** From Portugal.
11.30 **Premier League: Big Interview**
12.00 NOON LIVE **Superbike World Championship** Further coverage from Algarve, Portugal.
4.15 PM **TNT Sports Reload**
4.30 **NBA** Bucks v Knicks.
6.00 LIVE **MLB St Louis Cardinals v Minnesota Twins.** The inter-league match. Start-time 6.15pm.
9.15 **Cycling** Tour of Catalunya.
10.15 **Champions League Magazine**
10.45 **TNT Sports Cricket Reload**
11.00 PM **to 2.15** AM **(GMT)** LIVE **MLB Houston Astros v New York Mets.** Start-time 11.15pm.
3.15 AM **(BST) Champions League**
4.00 **Premiership Rugby Union**
5.00 **to 7.00** AM LIVE **Isuzu UTE A-League Central Coast Mariners v Perth Glory.**

TNT Sports 4

414 876 524 411 434

6.00 AM LIVE **Isuzu UTE A-League Sydney FC v Melbourne City.**
8.00 **SailGP Highlights**
9.00 LIVE **Snowboarding** Engadin.
12.15 PM **TNT Sports Reload**
12.30 **UEFA Champions League**
1.00 **TNT Sports Cricket Reload**
1.15 **Cycling** Tour of Catalunya.
2.15 LIVE **Cycling** Tour of Catalunya.
4.15 **TNT Sports Cricket Reload**
4.30 **Winter Sports** Highlights.
6.30 LIVE **Freestyle Skiing** Engadin.
8.15 **Snowboarding** In Engadin.
8.45 **TNT Sports Reload**
9.00 LIVE **NBA Orlando Magic v Sacramento Kings.** Tip-off 9pm.
11.30 **NBA Action** Highlights.
12.00 M'T **to 2.30** AM **(GMT)** LIVE **NBA Memphis Grizzlies v Los Angeles Lakers.** Tip-off 12m't.
3.30 AM **(BST) NBA on Fire**
4.00 **to 6.00** AM LIVE **A-League Women Wellington Phoenix v Melbourne City.** Kick-off 4am.

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Transworld Sport** Magazine.
8.00 **Indy Autonomous Challenge**
8.30 **LaLiga** Athletic Bilbao v Osasuna.
10.30 **United Rugby Championship**
12.40 PM LIVE **United Rugby Championship Bulls v Zebre.** Coverage from Loftus Versfeld Stadium. Kick-off 12.45pm.
2.45 **United Rugby Championship**
2.55 LIVE **United Rugby Championship Scarlets v Ospreys.** Kick-off 3.00pm.
5.00 **LaLiga** Sociedad v Valladolid.
7.00 LIVE **United Rugby Championship Glasgow Warriors v Lions.** At Scotstoun Stadium. Kick-off 7.35pm.
10.00 **NHL on the Fly** The latest news.
10.30 **Sporting Greats**
11.00 PM **to 1.00** AM **(GMT) LaLiga**
2.00 AM **(BST) World Surf League**
3.00 **to 6.00** AM LIVE **NHL Ice Hockey Edmonton Oilers v Calgary Flames.** Face-off 3am.

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Africa Eco Race**
9.30 **GP Confidential**
10.00 **Japan Rugby** A match replay.
12.00 NOON **United Rugby Championship** Recent action.
2.00 PM LIVE **United Rugby Championship Connacht v Munster.** Kick-off 2.30pm.
5.00 LIVE **United Rugby Championship Sharks v Leinster.** At Hollywoodbets Kings Park Stadium. Kick-off 5.15pm.
7.30 LIVE **United Rugby Championship Benetton v Cardiff.** From Stadio Comunale Monigo. Kick-off 7.35pm.
9.35 **Bike World** Magazine.
10.05 **NHL Tonight** Top 10 goalies.
11.00 PM **to 2.00** AM **(GMT)** LIVE **NHL Ice Hockey Los Angeles Kings v Toronto Maple Leafs.**
3.00 AM **(BST) Temples of Sport**
3.30 **NHL Tonight**
5.30 **to 6.00** AM **Football's Greatest**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 2** From Australia.
7.20 **How to Keep Cool in F1?**
7.30 **Formula 1** Australian Grand Prix.
9.30 **Ted's Notebook**
10.00 **Formula 1** Australian Grand Prix.
12.15 PM **F1 Features**
12.50 LIVE **Ferrari Challenge** The first round of the season in Italy.
1.50 **Ted Drives: F1 Car**
2.05 LIVE **Ferrari Challenge** Further coverage from Italy.
3.05 **F1 Features**
3.20 LIVE **Ferrari Challenge** Continued coverage from Italy.
4.20 **Lando Norris vs the Lie Detector**
4.30 **Ferrari Challenge Europe**
7.30 **Formula 1** Australian Grand Prix.
9.45 **Ted's Notebook**
10.15 **Formula 1** Season highlights.
10.25 **F1 Explainer: What's New**
10.30 **Ferrari Challenge Europe**
12.30 **to 1.00** AM **(GMT) Graham Hill: World Champion**
2.00 **to 6.00** AM **(BST) Home of F1**

SKY HD SD VIRGIN HD EE HD

Sunday

30 March

Evening Planner

Football

FA Cup Quarter Finals
BBC1 & ITV1
Preston North End face Aston Villa (BBC1, k-o 1.30pm), and Bournemouth take on Man City (ITV1, k-o 4.30pm).

Travelogue

World's Most Dangerous Roads
U&Dave, 8pm (box set, U)
Comics Jake Lambert and Jack Dee set off on a terrifying road trip in Kyrgyzstan.

Documentary

Tribe with Bruce Parry
BBC2, 9pm (box set, BBC iPlayer)
After a gap of 18 years, the former Royal Marine sets off on more travels to meet indigenous tribes around the world.

OnDemand

Paramount+

MobLand
Available today
Tom Hardy stars as Harry Da Souza, a loyal 'fixer' sworn to protect a London crime family in this thriller from Guy Ritchie.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Ten Pound Poms		9.00 This City Is Ours		10.00 News	10.30 Film: Children... †
	102 BBC2		7.15 Expedition with Steve...	8.00 Amazing Hotels: Life Beyond the Lobby		9.00 Tribe with Bruce Parry		10.00 Film: Allelujah	
	103 ITV1	7.00 Celebrity Catchphrase		8.00 Who Wants to Be a Millionaire?...		9.00 Protection		10.05 News	10.20 Our Land: Israel's...
	104 CHANNEL 4	◂ 6.40 Hotel Chocolat...	7.40 The Great Celebrity Bake Off for Stand Up to Cancer			9.00 Tempting Fortune		10.00 Dreamers	
	105 5	◂ 6.35 Pompeii: The Discovery with Dan...		8.00 Warship: Life in the Royal Navy		9.00 Forensics: Murder Scene			10.30 Police...
	106 SKY SHOWCASE	7.00 A League of Their Own: The Rally		8.00 Film: Apollo 11			9.50 Ricky Gervais Live: Animals		
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Waterloo Road		9.00 Paranormal: Britain's Last Witch		10.00 The Apprentice	
	116 BBC4	7.00 Big Night of Musicals by the National Lottery			8.30 Adrian...	8.50 Company			
	118 ITV2	◂ 6.05 Film: Yes Man		8.00 Film: Spectre					
	136 MORE4	◂ 6.50 Four in a Bed	7.55 999: On the Front Line			9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Indiana Jones and the Temple of Doom			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Matlock	
	108 SKY ATLANTIC	◂ 6.10 Game of Thrones				9.00 Gangs of London		10.00 The Wire	
	110 U&GOLD	7.00 Only Fools and Horses		8.10 Neil & Martin's Bon Voyage		9.10 Men Behaving Badly			10.25 Only Fools and...
	111 U&DAVE	7.00 Speed with Guy Martin		8.00 World's Most Dangerous Roads		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	7.00 Rosemary & Thyme		8.00 Doc Martin		9.00 Belgravia: The Next Chapter		10.00 Vera	
	120 ITV4	◂ 6.25 Film: Moonraker				9.00 Film: Heartbreak Ridge			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: White Chicks			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Quatermass and the Pit			
	113 SKY MAX	7.00 A League of Their Own: The Rally		8.00 Freddie Down Under		9.00 Film: Bruce Lee's Big Boss (Dubbed version)			
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Miss Scarlet	
	130 SKY ARTS	◂ 6.10 Bryan Adams: Live at the Royal...		8.00 Film: Wonderful Life					10.10 Douglas Adams: The Man...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Building Off the Grid				9.00 Marooned with Ed Stafford		10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Crikey! It's the Irwins				10.00 The Last Alaskans	
	129 NAT GEO	7.00 Mutant Weather		8.00 Mysterious Islands		9.00 Drain Alcatraz		10.00 Australia's Hardest Prison	
	123 SKY HISTORY	7.00 Viking Dead		8.00 Hitler's Secret Tunnels			9.40 Auschwitz – One Day		
	155 U&YESTERDAY	◂ 6.40 Porridge		8.00 Bangers & Cash					
	121 SKY DOCS		7.10 I Am Richard Pryor			9.00 Gary			
FILMS – Sky Cinema	301 PREMIERE		7.15 I'll Be Right There			9.00 Horizon: An American Saga – Chapter 1			
	302 BOOKS TO SCREEN	◂ 5.35 The Shawshank Redemption		8.00 It Ends with Us					10.20 The Girl on the Train
	303 HITS	◂ 5.40 A Star Is Born		8.00 Charlie's Angels				9.55 Charlie's Angels: Full Throttle	
	304 GREATS	◂ 5.30 Robin Hood: Prince of Thieves		8.00 Schindler's List					
	305 ANIMATION		7.20 Teenage Mutant Ninja Turtles: Mutant Mayhem			9.10 The Inseparables			
	306 FAMILY	◂ 5.50 NeverEnding...	7.30 Yogi Bear			9.00 Addams Family Values			
	307 ACTION	◂ 6.10 The Bourne Ultimatum		8.10 The Bourne Legacy					10.30 Jason Bourne
	308 COMEDY	◂ 5.55 Shakespeare in Love		8.00 Wimbledon			9.40 Chalet Girl		
	309 GANGSTERS	◂ 6.00 The Godfather Part III				9.00 Goodfellas			
	310 DRAMA	◂ 5.00 Oppenheimer		8.00 Ferrari					10.20 Chuck Chuck Baby
	311 SCI-FI	◂ 6.25 Ouija		8.00 Insidious: The Red Door				9.55 Total Recall	
	313 FILM4	◂ 6.50 The Devil Wears Prada				9.00 Murder on the Orient Express			
SPORT	401 MAIN EVENT	7.00 Tennis – Live: The Miami Open women's doubles final; The Miami Open men's final						10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 PFA Winner	7.30 My Origin Story	8.00 Chasing the Dream				10.00 Class of '92: Full Time	
	403 FOOTBALL		7.15 EFL Highlights		8.45 EFL Highlights				10.15 EFL Highlights
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	7.00 PL Preview	7.30 Serie A – Live: Napoli v AC Milan (Kick-off 7.45)					10.00 Gallagher Premiership Rugby Union	
	411 TNT SPORTS 2		7.15 MotoGP – Live: The Grand Prix of the Americas MotoGP race (Start-time 8.00)				9.15 MotoGP Chequered Flag		10.15 Superbike World...

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **(BST) Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Bargain Hunt** (S)(R)
12.15 PM **Songs of Praise** New edition From Leicestershire. (S)
12.50 **Lifeline** New edition (S)
1.00 **BBC News** (S)
1.15 LIVE **Match of the Day: The FA Cup** Preston North End v Aston Villa: All the action from the quarter-final at Deepdale. Kick-off is at 1.30. *See feature, page 28.* (S)
3.50 **Planet Earth III** (S)(R)(AD)
4.50 **BBC News** (S)
5.05 **Local News** (S)
5.15 **Countryfile** New edition Matt Baker and Margherita Taylor take a journey on the Watercress Line in Alresford, Hampshire. (S)

9.00 This City Is Ours

6 PM

6.15 **The Americas** New edition 5/10. Wildlife in the north of the American continent, from wolves competing for prey in Hudson Bay, to walruses singing together off Alaska's coast. (S)(AD)

7 PM

7.00 **Antiques Roadshow** Fiona Bruce presents the show from Swanage Pier in Dorset, where highlights include a famous pantomime dame's costumes, a battered watch and *Star Wars* memorabilia. (S)(R)

8 PM

8.00 **Ten Pound Poms** New episode 4/6. Terry confronts Benny after finding Christine and her children unconscious. Meanwhile, Kate gets Robbie in trouble. (S2) (S)
■ Entire series on BBC iPlayer

9 PM

9.00 **This City Is Ours** New episode 2/8. As Ronnie and Jamie grow closer, Michael fears he is being usurped. Tensions escalate, and Michael makes a big decision. (S1) (S)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **Children of Men** Sci-fi thriller based on the novel by PD James, starring Clive Owen and Julianne Moore. In a future Britain where humanity is infertile and refugees are herded into camps, a disillusioned former activist undertakes to smuggle a young woman out of the country. (S)(AD) (2006, 15, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **The Women's Football Show** Highlights of the weekend's games in the Super League. (S)
1.00 **Weather for the Week Ahead** (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **(BST) A to Z of TV Gardening**
7.00 **Countryfile** (S)(R)
8.00 **The Wild Gardener** New edition
9.00 **Weatherman Walking: The Welsh Coast** (S)(R)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **A Cook Abroad: Tony Singh's India** A visit to the state of Punjab. (S)(R)
12.00 NOON **Figure Skating: World Championships** Action from Boston, Massachusetts. (S)
1.30 PM **This Farming Life** (S)(R)
2.30 **The Wonder of Animals** (S)(R)
3.00 FILM **The Great Gatsby** Romantic drama based on F Scott Fitzgerald's novel. (S) (2000, 12, 90min) ★★
4.30 **New York: America's Busiest City** Behind the scenes with the team who look after Central Park. (S)(R)
5.30 **Flog It!** From Norwich. (S)(R)

10.00 Allelujah

6.15 **This Farming Life** New edition On Papay, Paul and Mel juggle farm work with wedding preparations, Sally's ewes in Caithness fall ill, while Jo and Andy turn lambs into much-needed cash. (S)

7.15 **Expedition with Steve Backshall** 3/10. The naturalist and a team of kayakers head to the Himalayas to attempt to row down the last great unexplored river in Bhutan. (S)(R)(AD)

8.00 **Amazing Hotels: Life Beyond the Lobby** 1/8. Monica Galetti and Rob Rinder go behind the scenes at Richard Branson's remote clifftop hotel Kasbah Tamadot in Morocco. (S)(R)(AD)

9.00 NEW SERIES **Tribe with Bruce Parry** 1/3. The explorer travels into the Colombian Amazon to meet the Waimaha people. *See feature, page 20.* (S)(AD)
■ Entire series on BBC iPlayer

10.00 FILM **Allelujah** Comedy drama starring Jennifer Saunders and Judi Dench. When the geriatric ward in a small hospital is threatened with closure, it fights back by galvanising the local community. (S)(AD) (2022, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.35 FILM **Letter to Brezhnev** Romantic comedy drama set in Liverpool, starring Peter Firth, Alexandra Pigg, Alfred Molina and Margi Clarke. Two friends meet a couple of Russian sailors in a night club, and one of them falls in love. (S) (1985, 15, 90min) ★★
1.05 AM **Sign Zone: Question Time** (R)
2.05 **Sign Zone: This City Is Ours** (S)(R)
3.05 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **(BST) In for a Penny** (S)(R)
6.25 **Britain's Got Talent** (S)(R)
7.35 **James Martin's Saturday Morning** With Will Mellor. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 **Prue Leith's Cotswold Kitchen** New edition With JB Gill. (S)(AD)
12.30 PM **ITV News** (S)
12.45 **Alan Titchmarsh's Gardening Club** From Cornwall. (S)(R)
1.45 FILM **Johnny English Reborn** Comedy sequel starring Rowan Atkinson and Gillian Anderson. (S)(AD) (2011, PG, 120min) ★★★
3.45 LIVE **Football: The FA Cup** Bournemouth v Manchester City: The quarter-final from the Vitality Stadium. Kick-off is at 4.30. *See feature, page 28.* (S)

8.00 Who Wants to Be a Millionaire?

6.45 **ITV News** (S)
6.55 **Local News** (S)

7.00 **Celebrity Catchphrase** New edition Stephen Mulhern hosts a charity edition of the game show, with Alex Jones, Tyler West and Ricky Wilson competing to win £50,000 for good causes. (S)(AD)

8.00 **Who Wants to Be a Millionaire? Celebrity Special** Alexander Armstrong and Gabby Logan try to answer 15 questions to win a £1 million for their chosen charities. (S)(R)

9.00 **Protection** New episode *In Too Deep:* 5/6. The conspiracy takes a twist as Liz makes a discovery that brings her closer to the gangster Crowther. (S1) (S)(AD)
■ Concludes tomorrow

10.05 **ITV News** (S)
10.20 NEW **Our Land: Israel's Other War** Documentary offering an insight into the reality of life in the occupied West Bank. (S)
11.45 **Made in Britain** A look at how cricket bats and traditional shortbread are made. (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **Brianna: A Mother's Story** Documentary exploring the brutal murder of trans teenager Brianna Ghey. (S)(SL)(R)
4.10 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.00 AM **(BST) Cheers** (S7) (S)(R)
7.15 **Everybody Loves Raymond** (S)(R)
8.00 **Frasier** 5&6/24. (S2) (S)(R)(AD)
9.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Adam and Ryan Thomas, Sara Cox, Triple H, Tony Hadley and Bridget Christie. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.30 **Four in a Bed** The contest begins at The Gun at Ridsdale. (S)(R)
3.00 The rivals visit Marthrown of Mabie in Dumfries. (S)(R)
3.35 The third visit is to Dale View B&B in Cumbria. (S)(R)
4.05 The final visit is to The Cross Inn in Heptonstall. (S)(R)
4.40 Payment Day arrives. (S)(R)
5.10 NEW **Jamie: What to Eat This Week** Jamie Oliver chooses his favourite springtime meals. (S)(AD)

10.00 Dreamers

6.10 **News** (S)
6.40 NEW SERIES **Hotel Chocolat Unwrapped** Documentary going behind the scenes at the chocolate brand. Boss Angus hatches a plan to take America by storm. (S)

7.40 **The Great Celebrity Bake Off for Stand Up to Cancer** New edition Kate Garraway, Phil Wang, Gbemisola Ikumelo and Sophie Willan take on mini loaf cakes in the Signature, before things get spicy in the Technical. In the Showstopper, the celebs attempt to reveal their hidden talent in choux. Featuring judges Caroline Waldegrave and Paul Hollywood, with hosts Noel Fielding and Alison Hammond overseeing proceedings. (S)(AD)

9.00 **Tempting Fortune** New edition 5/8. The group are reunited after 48 hours of being split in half, but trust is shattered when spending details are revealed. (S)(AD)
■ Continues tomorrow

10.00 NEW SERIES **Dreamers** 1/6. Drama following a group of dance students. (S)(AD)
10.30 New episodes 2/6. Liam's mum gatecrashes the students' big night out. (S)(AD)
10.55 3/6. Koby still isn't talking to Puppy. (S1) (S)(AD)
■ Entire series on C4 streaming
11.30 **Dreamers** New episodes 4-6/6. Triple bill. (S1) (S)(AD)
12.55 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.40 **Travel Man: 48 Hours in Prague**
2.10 **The Change** (S)(SL)(R)(AD)
3.05 **The Simpsons** (S)(R)(AD)
5.25 **Find It, Fix It, Flog It** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

6.00 AM **(BST) Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.00 **Entertainment News** (S)
9.10 **Friends** (S2) (S)(R)(AD)
9.55 **22 Kids & Counting** (S)(R)
12.50 PM **Secret Life of the Forest** Kingfishers hunt for prey at the beaver pond. (S)(R)
1.45 Cameras document the arrival of autumn. (S)(R)
2.45 **Inside the Tower of London** It is May 2023 and the Tower is preparing for the crowning of a new monarch. (S)(R)
3.40 A spectacular coronation concert is staged. (S)(R)
4.40 **Elizabeth I: Battle for the Throne** Docu-drama starring Lily Cole as the young queen, featuring reconstructions of key moments in her life. (S)(R)

8.00 Warship: Life in the Royal...

6.30 **News** (S)

6.35 **Pompeii: The Discovery with Dan Snow** The historian investigates how the preserved city was found after it was buried under volcanic ash and pumice from the eruption of Mount Vesuvius in 79 AD, revealing how treasure hunters and archaeologists battled for centuries to uncover and sometimes plunder it. (S)(R)

8.00 **Warship: Life in the Royal Navy** 2/3. On board the giant aircraft carrier HMS *Prince of Wales*, Julia Bradbury gets a chance to steer the biggest warship in the fleet. (S)(R)

9.00 **Forensics: Murder Scene** 1/6. West Yorkshire police and forensics teams investigate the stabbing of a woman in Leeds, examining the scene to establish what might have happened. (S)(R)

10.30 **Police: Suspect No 1** 3/5. A Scunthorpe restaurant worker is stabbed in the neck with a pair of scissors, and as the victim is rushed to hospital, police set out to identify the suspect. (S)(R)

11.30 **Motorway Cops: Catching Britain's Speeders** (S)(R)
12.30 AM **Friends** (S2) (S)(R)(AD)
12.55 **Entertainment News** (S)
1.05 **PlayOJO Live Casino Show** (S)
3.05 **Gardening with Carol Klein** (R)
3.50 **Diana: A Mother's Love** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **(BST) Simon** (S)(R)
6.20 **Let's Go, Bananas!** (S)(R)(AD)
6.50 **Moominvalley** (S)(R)
7.40 **The Slow Mo Guys' Big Adventures** (S)(R)
8.05 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **The Office (US)** (S1&2) (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.30 PM **LIVE Football: WSL** Leicester City v Tottenham Hotspur: From the King Power Stadium. Kick-off is at 2.00.
4.00 **LIVE Football: WSL** Chelsea v West Ham United: Coverage from Kingsmeadow, as the hosts look for another important three points in their quest for this year's Women's Super League title. Kick-off is at 4.30.

9.50 Ricky Gervais Live: Animals

LIVE Football: WSL (started at 4.00pm)

7.00 **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup. (S)(R)

8.00 **FILM Apollo 11** Documentary made to mark the 50th anniversary of the moon landings, presenting the story of the iconic space mission through a newly discovered trove of 70mm archive footage and still photographs, and drawing on thousands of hours of audio recordings. (S)(AD) (2019, U, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.50 **Ricky Gervais Live: Animals** Film shot during the first stand-up tour by the comedian and star of *The Office*, with backstage footage of his private life. (S)(R)

11.20 **Saturday Night Live** Satirical America sketch show. (R)
12.50 AM **Brassic** 6/6. Cardi proposes to Carol, and Vinnie promises to give him the best wedding he can pull together. (S2) (S)(R)
1.45 **The Force: North East** A man high on drugs launches a tirade of abuse at officers. (S)(R)
2.45 **Road Wars** Double bill. (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00am The Sunday Show **10.30pm** Sportscene: Premiership Highlights **11.00 FILM** Children of Men (2006, 15, 100min) ★★★★★ **12.40am** The Women's Football Show **1.30** Weather for the Week Ahead **1.35-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.30pm NEW Trump, Tariffs & Us **11.00 FILM** Children of Men: As Scotldnd. **12.40am** The Women's Football Show **1.30-6.00am** BBC News

WALES
Sky 965, Virgin 864, Freesat 965
3.50pm The Hairy Bikers' Pubs That Built Britain **4.20-4.50pm** Winterwatch in Wales

BBC2

N. IRELAND
Sky 969, Freesat 969
1.30pm Gardeners' World **2.30** Gardening Together with Diarmuid Gavin **2.45 LIVE** Rugby Union: Women's Six Nations **5.15-6.15** Great British Menu: Banquet Special Series finale **8.00** Chronicles of the Sperrins **8.30-9.00pm** If Walls Could Talk

WALES
Sky 968, Freesat 968
1.30pm The Wonder of Animals **2.00 FILM** The Great Gatsby (2000, 12, 90min) ★★ **3.30** New York: America's Busiest City **4.30-5.30pm** Gardeners' World

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Y Cosmos **10.00** Yr Afon **11.00** Dechrau Canu Dechrau Canmol **11.30** Ty Ffit **12.30pm** Y Castell **1.30** Y Wal **2.30** Prosiect Pum Mil **3.30** Cefn Gwlad **4.05** Gwlad Bardd **5.40** Pobol y Cwm Omnibws **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30** Y Llais Series finale **9.00** Y Byd ar Bedwar **10.00** Gogglebocs Cymru **11.00-11.34pm** Welsh Whisperer – Ni'n Teithio Nawr!

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **(BST) EastEnders** Suki offers Priya some advice. **7.30** Gina and Anna go head to head for a job.
8.00 **Waterloo Road** 7/8. Coral gets an unexpected delivery, and Stace tries to get some time alone with Noel. (S15)
9.00 **Paranormal: Britain's Last Witch** New edition 3/4. Sian Eleri finds a medium who claims they bring back spirits in physical form. **9.30** Series finale 4/4. Sian discovers possible proof of Helen's abilities.
10.00 **The Apprentice** 9/12. The candidates face a high-pressure TV shopping task.
11.00 **The Apprentice: You're Fired** Tom Allen meets the freshly rejected candidate.
11.30 **Bad Education**
12.30 AM **Stacey Dooley: Growing Up Gypsy**
1.15 **Paranormal: Britain's Last Witch** As 9.00pm.
1.45 **Top Gear**
2.45 **Press X to Continue**
2.55 **to 3.55** AM **Paranormal: Britain's Last Witch**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **(BST) Big Night of Musicals by the National Lottery** Jason Manford hosts a special concert from the AO Manchester Arena, featuring performances from the casts of some of the most popular musicals in the West End.
8.30 **NEW Adrian Lester Remembers... Company** The actor talks about his love of the celebrated Donmar Warehouse production.
8.50 **Company** Sam Mendes' acclaimed production of Stephen Sondheim and George Furth's musical *Company*, filmed at London's Donmar Warehouse Theatre. Stars Adrian Lester.
11.10 **Stephen Sondheim's Old Friends** Cameron Mackintosh's stage production from May 2022, featuring Michael Ball, Rob Brydon, Petula Clark, Judi Dench and Imelda Staunton.
1.20 AM **Big Night of Musicals by the National Lottery**
2.50 **to 3.40** AM **All Creatures Great and Small**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **(BST) A Place in the Sun** Six editions.
2.35 PM **Come Dine with Me** Five dinner parties from in and around Leeds.
5.10 **Four in a Bed** The competition begins at Cliff House Hotel in Southbourne, Dorset. **5.40** The second venue is the Hotel Barge Waternimf in Ely, Cambridgeshire. **6.15** The third visit is to the Montpellier Hotel in Llandrindod Wells, Powys.
6.50 **Four in a Bed** The final venue is the Coach and Horses in West Sussex. **7.20** Payment Day arrives.
7.55 **999: On the Front Line** A woman collapses while out shopping and may have broken her hip.
9.00 **The Emergency Ward** New edition Doctor Sarah treats a man whose foot was slashed by a lawnmower, and Dr Tsung guides junior doctor Norah O'Sullivan.
10.00 **24 Hours in A&E** A man arrives after riding his bicycle into the back of a parked ambulance.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
2.15 **Emergency Helicopter Medics** Documentary.
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **(BST) Hollyoaks**
7.15 **Rude(ish) Tube Shorts**
7.25 **Ramsay's Kitchen Nightmares USA**
10.25 **Married at First Sight Australia** Double bill.
1.50 PM **The Great Celebrity Bake Off for Stand Up to Cancer** With Roman Kemp, Amelia Dimoldenberg, Sarah Beeny and Maxine Peake.
3.10 **The Big Bang Theory** Seven episodes, including at: **6.00** 14/24. The guys buy fake Comic-Con tickets. (S7)
6.30 **The Simpsons** Five episodes, including at: **7.30** *Homer's Phobia:* A gay man befriends the family. **8.00** *Brother from Another Series:* Sideshow Bob is released from prison. **8.30** *My Sister, My Sitter:* Lisa babysits older brother Bart.
9.00 **FILM Indiana Jones and the Temple of Doom** Adventure starring Harrison Ford. In this prequel to *Raiders of the Lost Ark*, Indiana Jones escapes a gang boss in Shanghai and encounters a cult in India. (1984, PG, 118min) ★★★
11.20 **Gogglebox**
12.25 AM **Naked Attraction**
1.30 **Open House: The Great Sex Experiment**
2.30 **Gogglebox**
3.25 **The Neighborhood**
4.10 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **(BST) Border Security: Canada's Front Line**
7.00 **Border Security USA**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Paramedics Australia**
11.00 **The Real A&E** A chef fights for his life after an asthma attack. **11.30** A woman suffers a reaction to antibiotics.
12.00 NOON **Air Ambulance ER**
1.00 PM **Caught on Dashcam**
2.00 **Nothing to Declare** Ten editions of the documentary.

9.00 Law & Order: SVU

7 PM 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM 8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM 9.00 **Law & Order: Special Victims Unit** *Bubble Wrap:* 18/22. A tycoon interferes with an investigation into her family. (S24)

10 PM 10.00 **Matlock** *A Traitor in Thine Own House:* 11/18. Tensions escalate when Shae collaborates with Olympia's team. (S1)
11.00 **Fire Country** 2/22. (S1)
12.00 M'T **FBI: International** (S2)
1.00 AM **Law & Order: Organized Crime** 21/22. (S2)
2.00 **FBI: Most Wanted** 15/22. (S3)
3.00 **Law & Order: SVU** (S24)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **(BST) Urban Secrets**
6.55 **Game of Thrones** (S7)
1.05 PM **Game of Thrones** 1/6. The Stark children are finally reunited in Winterfell. **2.10** 2/6. Brienne of Tarth becomes a Knight. **3.15** 3/6. The Night King reaches Winterfell. **4.45** 4/6. Jon and Daenerys look to the south. **6.10** 5/6. Daenerys brings her forces to King's Landing as the explosive final battle for the Iron Throne begins. (S8)

10.00 The Wire

7.35 **Game of Thrones** *The Iron Throne:* 6/6. In the aftermath of the devastating battle at King's Landing, Daenerys declares her intentions for Westeros. (S8)

9.00 **Gangs of London** 2/8. Sean, Billy and Cornelius make a drastic attempt to reclaim London, while Elliot seeks answers. (S3)

10.00 **The Wire** *Margin of Error:* 6/13. Carcetti responds to a smear campaign, and a warrant is issued for Omar's arrest. (S4)
11.05 **The Baby** 2/8. (S1)
11.45 **Succession** 3&4/9. (S3)
2.00 AM **The White Lotus** New episode 7/8. Comedy drama set in Thailand. (S3)
3.15 **The Nevers** 6/6.
4.20 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **(BST) S.W.A.T.** (S1)
11.00 **Hawaii Five-0** Four episodes of the drama, including at: **2.00** PM 14/23. The team investigate the smuggling of passport chips. (S2)
3.00 **Grimm** 1/22. Nick is seemingly killed – only to rise from the grave. **4.00** 2/22. Adalind attempts to regain her powers. **5.00** 3/22. Several people mysteriously explode. **6.00** 4/22. Nick encounters aquatic creatures. (S3)

8.00 Freddie Down Under

7.00 **A League of Their Own: The Rally** 1/3. The gang compete in the ALOTO Rally Cup, making their way from London to Turin.

8.00 **Freddie Down Under** 4/6. Andrew and Rob head to Darwin, where they get up close and personal with a crocodile.

9.00 **FILM Bruce Lee's Big Boss** Martial arts action thriller starring Bruce Lee. A young man discovers that the Bangkok ice factory where he works is a front for a drug smuggling ring. With Maria Yi and James Tien. (1971, 18, 94min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Force: North East**
12.00 M'T **Brassic** 6/6. Cardi proposes to Carol and Vinnie promises to give him the best wedding he can pull together, but JJ comes up with the idea of hijacking his cousin's big day. (S2)
1.00 AM **The Force: North East**
2.00 **Road Wars** Double bill.
4.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 816 115 6 113

6.00 AM **(BST) CITV**
9.00 **Love Bites** Double bill.
11.00 **Deal or No Deal**
1.00 PM **The Masked Singer US**
1.55 **Celebrity Catchphrase**
2.55 **Britain's Got Talent**
4.15 **FILM Ice Age: Collision Course** Animated sequel. (2016, U, 94min) ★★
6.05 **FILM Yes Man** Comedy starring Jim Carrey. After attending a motivational seminar, a persistent naysayer vows to say yes to everything. (2008, 12, 100min) ★★★

8.00 Spectre

FILM Yes Man (film started at 6.05pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **FILM Spectre** Spy thriller starring Daniel Craig and Christoph Waltz. James Bond goes in search of the elusive mastermind behind a secret criminal network with links to his own past. With Léa Seydoux, Ben Whishaw and Ralph Fiennes. (2015, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Family Guy** 3/21. Stewie thinks the neighbours are spies. (S8)
11.35 **Family Guy** 14/16. (S7)
12.05 AM **American Dad!** (S4&3)
1.05 **Deep Fake Neighbour Wars: Best Bust Ups**
1.35 **World's Funniest Videos**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **(BST) Never the Twain**
6.35 **Agatha Christie's Poirot**
8.45 **Lewis** *Old School Ties.*
10.55 **Doc Martin**
12.00 NOON **Endeavour** *Fugue:* Morse tries to outwit a killer. **2.00** PM *Rocket:* Morse investigates a murder at a munitions factory.
4.00 **Lewis** *The Quality of Mercy:* A student Shakespeare production ends in murder.
6.00 **Rosemary & Thyme** *Agua Cadaver:* A man is found dead in Malaga.

9.00 Belgravia: The Next...

7.00 **Rosemary & Thyme** *Three Legs Good:* The body of a respected Harley Street psychiatrist is found in Regent's Park.

8.00 **Doc Martin** *Better the Devil:* 1/8. The doctor encounters his girlfriend from medical school. (S4)

9.00 **Belgravia: The Next Chapter** New episode 4/8. Frederick is reeling after a recent visit. (S1) ■ Entire series on ITVX

10.00 **Vera** *Natural Selection:* The detective investigates when the body of a wildlife ranger is found on a remote island.
11.55 **Protection** 3/6. Pressure from above threatens Liz's secret investigation. **12.55** AM 4/6. A new suspect emerges, bringing the danger closer to home. (S1)
1.45 **Never the Twain**
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Action from Ross County v Dundee United.
7.45 **The Tales of Para Handy** *Para Handy, Poacher:* 2/6. A spot of poaching lands Para Handy and his crew in jail. (S1)
8.35 **Beechgrove Repotted** Calum Clunie shares some of his top tips.
9.00 **The Women Who Changed Modern Scotland** 1/3. Exploring stories of pioneering Scottish women from the 1960s and 1970s.
10.00 **Still Game** 2/6. Winston tries to win a cat's affections. (S9)
10.30 **The Entertainment Mix**
11.00 **The Sunday Show**
11.30 PM **to 12.00** M'T **The Disasters That Shocked Scotland.**

Sky Comedy

114/115 814 112 347 362

8.00 AM **(BST) Sort Of** (S1)
8.25 **The Conners** (S2)
11.50 **Veep** 6-10/10. (S3)
3.10 PM **Curb Your Enthusiasm** (S6)
6.30 **The Office (US)** 1/22. The staff members endure an annual awards banquet. **7.00** 2/22. The team receive a lesson in sexual harassment. **7.30** 3/22. Jim and Pam take advantage of Michael's absence. **8.00** 4/22. A fire forces the staff out of the office. **8.30** 5/22. Michael is ordered to fire one employee. (S2)
9.00 **Saturday Night Live** New edition Sketch show.
10.30 **Ricky Gervais Live: Animals** Stand-up show.
12.00 M'T **Saturday Night Live**
2.10 AM **Sex and the City**
2.30 **The Righteous Gemstones** 3/9. (S4)
2.55 **Sex and the City** (S4)
3.40 **to 5.00** AM **Divorce**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **(BST) Tosca: Orchester der Wiener Staatsoper**
8.15 **Tales of the Unexpected**
11.00 **Van Gogh by Vincent**
12.00 NOON **Alfred Hitchcock Hour**
2.00 PM **FILM Sherlock Holmes and the Voice of Terror** Mystery. (1942, b/w, U, 65min) ★★
3.10 **ELO: Discovery**
4.10 **Celine Dion: Taking Chances World Tour**
6.10 **Bryan Adams: Live at the Royal Albert Hall**
8.00 **FILM Wonderful Life** Musical. (1964, U) ★★
10.10 **Douglas Adams: The Man Who Imagined Our Future**
11.40 **Brian Johnson Meets Dave Grohl**
2.10 AM **Foo Fighters: Live in Hyde Park** From 2006.
2.50 **Berlin Live: Black Rebel Motorcycle Club**
4.10 **The Great Songwriters**
5.10 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **(BST) Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Let's Go, Bananas!**
8.50 **Alvinnn!!! and the Chipmunks** Animation.
9.00 **Caught on Dashcam**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Send in the Dogs**
3.00 **Nothing to Declare**
5.00 **Highway Patrol**
6.00 **Send in the Dogs**
8.00 **NCIS: Los Angeles** *Indentured:* 3/22. Sam and Kilbride clash. **9.00** *Sorry for Your Loss:* 4/22. Kilbride enlists NCIS to find a truckload of stolen guns. (S13)
10.00 **Britain's Most Evil Killers** Malcolm Green.
11.00 **Snapped**
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Law & Disorder** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **(BST) Unwind**
7.40 **Be Beautiful**
7.50 **Buying the View**
8.20 **The Singles Table**
9.20 **Fletchers' Family Farm**
10.25 **Dinner Date**
12.25 PM **The Real Housewives of Atlanta**
4.55 **The Only Way Is Essex**
5.55 **Judi Love's Culinary Cruise** From Corfu.
7.00 **Tour de Fred: Northern Ireland** Fred Sirieix samples Strangford's delicious secrets.
8.00 **Celebrity Dinner Date** TV star Saffron Lempriere is given menus put together by potential blind dates.
9.00 **The Only Way Is Essex** New edition Jordan surprises Sophie with a lavish romantic date.
10.05 **The Real Housewives of Cheshire** Reality series.
11.05 **Vanderpump Rules**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **(BST) Highway to Heaven** Triple bill.
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **7.00** *Evidence of Malice:* Jessica investigates the case of a deputy sheriff accused of murder. **8.00** *Southern Double-Cross:* Jessica attends a seminar in Australia.
9.00 **An Emma Fielding Mystery: Past Malice** Crime drama starring Courtney Thorne-Smith and James Tupper.
10.55 **Fixer Upper Mysteries: Framed for Murder** Crime drama starring Jewel Kilcher.
12.50 AM **The Avengers**
3.00 **Randall and Hopkirk (Deceased)** 17/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

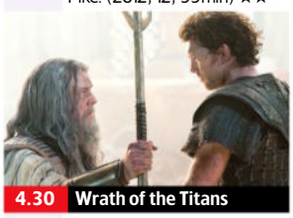
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **(BST) Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **ITV Football Classics**
8.00 **World Rally Championship**
9.00 **English Football League Highlights** Recent action.
10.30 **Dramatic Finishes**
10.40 **The Big Match Revisited**
11.25 **The Grand Fishing Adventure**
12.30 PM **Cadfael**
2.15 **Sharpe**
4.30 FILM **Wrath of the Titans** Fantasy adventure with Sam Worthington and Rosamund Pike. (2012, 12, 99min) ★★


4.30 Wrath of the Titans

6.25 FILM **Moonraker** Spy adventure starring Roger Moore and Lois Chiles. James Bond investigates the disappearance of a space shuttle and encounters another megalomaniac bent on world domination. (1979, PG, 126min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Heartbreak Ridge** Action drama starring Clint Eastwood as a US Marine sergeant leading a squadron of rookies into battle in Grenada. With Marsha Mason and Mario Van Peebles. (1986, 15, 130min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

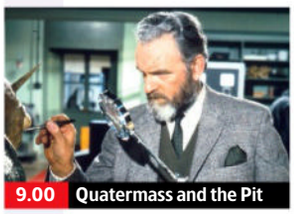
11.35 **Minder** *I'll Never Forget Whatsername*: Arthur plans to rig a quiz night by employing the services of an escaped convict as quizmaster.
12.40 AM **The Sweeney**
1.40 **BattleBots**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **(BST) Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine** Five episodes, including at: **2.00** PM 13/26. A murder is committed on the station. **3.00** 14/26. Odo is forced to reassess his life. (S7)
4.00 **Stargate SG-1** 9/20. Mitchell infiltrates the Lucian Alliance. **5.00** 10/20. The team face a series of ancient trials. **6.00** 11/20. The team race to help Merlin build the Sangraal weapon. (S10)


9.00 Quatermass and the Pit

7.00 **Stargate SG-1** *Line in the Sand:* 12/20. The team try to use Merlin's device to protect a village against an aggressive prior.

8.00 **Stargate SG-1** *The Road Not Taken:* 13/20. An experiment goes wrong, leaving Carter trapped in a parallel reality. (S10)

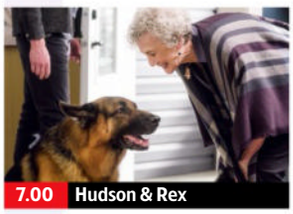
9.00 FILM **Quatermass and the Pit** Sci-fi thriller, the third of the *Quatermass* series. A strange rocket is unearthed in London. Stars James Donald, Barbara Shelley and Andrew Keir. (1967, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Grimm** 12/22. Part one of two. Nick and Hank investigate a killer who scalps his victims. **12.00** M'T 13/22. Part two of two. The killer strikes again – and is not working alone. **1.00** AM 14/22. A monster is attacking pregnant women. **2.00** 15&16/22. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **(BST) Murdoch Mysteries**
10.00 **Inspector George Gently**
12.00 NOON **Father Brown** Four episodes, including at: **3.00** PM *The Sins of Others.* Sid vows vengeance on his former defence barrister.
4.00 **Death in Paradise Christmas Special** 9/9. A shipping magnate is found dead. Guest stars Mathew Baynton and Juliet Stevenson. (S10)
6.00 **Death in Paradise** 1/8. A plantation owner is killed during a seance. (S4)


7.00 Hudson & Rex

7.00 **Hudson & Rex** *The Miranda Act:* 13/20. Charlie's aunt and her friends investigate an investment fraud scheme.

8.00 **Hudson & Rex** *Rexit Stage Left:* 14/20. A famous starlet is killed onstage during a preview performance. (S5)

9.00 **Death in Paradise** *Hidden Secrets:* 2/8. A surf-school owner is shot dead. Guest stars Will Mellor. (S4)

10.00 **Miss Scarlet** *The Deal*: 4/6. Eliza's life is turned upside down when she is dragged into a missing persons case. (S5)

11.00 **The Red King** 4/6. With the True Way confirmed to be involved in Cai's death, an obvious suspect emerges. (S1)
12.00 M'T **My Life Is Murder** (S3)
1.00 AM **Hudson & Rex** As 8pm.
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **(BST) Only Fools and Horses** Four episodes.
12.10 PM **Only Fools and Horses** Six episodes, including at: **2.35** Uncle Albert falls victim to muggers, so Del takes the law into his own hands. **3.40** Rodney and Albert worry the flat will get overcrowded once Raquel and Del's baby arrives. **4.50** Del grabs an opportunity to make a quick profit. **5.55** An audition gives Raquel the chance of a lifetime.

9.10 Men Behaving Badly

7.00 **Only Fools and Horses** Del Boy's beloved mother apparently makes contact during a seance at the Nag's Head.

8.10 **Neil & Martin's Bon Voyage** *Men Behaving Badly*'s Neil Morrissey takes former co-star Martin Clunes on a road trip through France.

9.10 **Men Behaving Badly** Gary decides to make an honest woman of Dorothy. **9.50** Gary frets about not having slept with enough women as he prepares to tie the knot with Dorothy.

10.25 **Only Fools and Horses** Del is invited to a school reunion at the pub.

11.35 **Dad's Army** Frazer is asked to look after the Lewis gun, but finds himself in hot water when he misplaces the spring.
12.15 AM **Only Fools and Horses**
1.25 **Men Behaving Badly**
2.35 **Billy Connolly Does...**
3.25 **to 4.00** AM **The Black Adder**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **(BST) Total Wipeout: Freddie & Paddy Takeover**
8.00 **Storage Hunters UK**
9.00 **World's Most Dangerous Roads** A road trip in Bolivia.
10.00 **Speed with Guy Martin**
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK: Celebrity Special**
2.00 **Storage Hunters UK**
3.00 **Hairy Bikers' Best of British**
5.00 **James May's Cars of the People** Documentary.
6.00 **Mediterranean with Simon Reeve** Libya, Tunisia and Sicily.

8.00 World's Most Dangerous...

7.00 **Speed with Guy Martin** The motorcycle racer competes in the Pikes Peak International Hill Climb event in Colorado.

8.00 NEW SERIES **World's Most Dangerous Roads** 1/3. Jack Dee and Jake Lambert visit Kyrgyzstan. ■ Entire series on U

9.00 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz, with Nicky Morgan and Kiri Pritchard-McLean.

10.00 **QI** With guest panellists Cal Wilson, Jimmy Carr, and Jack Whitehall.

10.40 **Mock the Week** With Josh Widdicombe, Katherine Ryan, Milton Jones and Ed Gamble.

11.20 **Mock the Week** With Ed Byrne, Sara Pascoe, Ed Gamble and Nathan Caton.
12.00 M'T **Red Dwarf**
2.45 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74

Sunday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 143 49 127

9.00 AM **(BST) Four in a Bed**
2.00 PM **Location, Location, Location** Triple bill.
5.00 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?** Catch-ups with house-hunters in Cyprus and on the Costa del Sol. **7.00** Revisits to homes bought in 2014 in Spain and Portugal.
8.00 **The Dog House** Adopted sisters Niamh and Holly consider adopting leggy lurcher Skye.
9.00 **Gogglebox**
10.00 **Celebrity Gogglebox**
11.05 FILM **Transporter 2** Action thriller sequel starring Jason Statham. (2005, 15, 88min) ★★★
12.50 AM FILM **The Karate Kid Part II** Adventure sequel starring Ralph Macchio. (1986, PG, 113min) ★★
3.05 **Ancient Greece by Train with Alice Roberts**
4.10 **to 4.40** AM **Unreported World**

5USA

141/169 120/162 21 129

9.00 AM **(BST) Entertainment News** Showbiz news.
9.10 **Blue Bloods** (S2&3)
1.05 PM **NCIS** Nine episodes of the series, including at: **7.00** *Guilty Pleasure:* 19/24. A call girl is suspected of murder. **8.00** *Moonlighting:* 20/24. A polygraph specialist comes under suspicion. (S7) **9.00** *Reef Madness:* 10/10. Three bodies are found on an old US Navy ship. (S21)
10.00 **Law & Order: Special Victims Unit** *Broken Rhymes:* 6/21. The CEO of a record label and his protégé are questioned over an assault. (S18)
11.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Law & Order** (S23)
2.50 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **(BST) Shoplifters: Caught Red Handed**
12.00 NOON **Shoplifters & Scammers: At War with the Law**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Five editions of the series, including at: **9.00** Officers deal with a rowdy reveller on New Year's Eve.
10.00 **999: Criminals Caught on Camera** Featuring drug smugglers and boozed-up brawls.
11.00 **Making a Serial Killer** New edition How CCTV caught a health care worker secretly killing his patients.
12.00 M'T **Prodigal Son** (S1)
2.00 AM **GPs: Behind Closed Doors** Medical series.
2.50 **Casualty 24/7: Every Second Counts**
3.35 **to 4.00** AM **Car Pound Cops**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **(BST) Car Pound Cops** Documentary.
9.30 **Trucking Hell**
2.35 PM FILM **Rage at Dawn** Western adventure starring Randolph Scott. (1955, U, 87min) ★★
4.25 FILM **Day of the Evil Gun** Western adventure starring Glenn Ford. (1968, PG, 93min) ★★
6.20 FILM **McLintock!** Comedy Western starring John Wayne and Maureen O'Hara. (1963, U, 127min) ★★★
9.00 FILM **Total Recall** Sci-fi thriller starring Arnold Schwarzenegger. (1990, 15, 109min) ★★★
11.15 FILM **xXx: Return of Xander Cage** Action thriller sequel with Vin Diesel and Donnie Yen. (2016, 12, 107min) ★★★
1.25 AM **Police Interceptors**
2.25 **Trucking Hell**
3.25 **Highway Patrol**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **(BST) Tipping Point**
11.00 **My Family**
3.05 PM **Outnumbered** Six episodes, including at: **5.40** Crossed lines of communication cause trouble for the family. **6.20** Auntie Angela and her new friend fly over from America when Grandad falls ill.
7.00 **Inside the Ambulance** Crews treat a pensioner with a head injury. **8.00** Paramedics attend a man with an unexplained broken leg.
9.00 **Inside the Operating Theatre** A woman has her toes straightened. **10.00** A patient has keyhole surgery to repair his hernia.
11.00 **Brit Cops Down Under**
12.00 M'T **Emergency: First Time Medics**
12.55 AM **Reclaiming Amy**
1.45 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **(BST) The Bill**
12.00 NOON **Hetty Wainthropp Investigates** Triple bill.
3.00 PM **Catherine Cookson's The Black Velvet Gown** Drama.
5.25 FILM **The Fourth Protocol** Spy thriller starring Michael Caine and Pierce Brosnan. (1987, 15, 119min) ★★★
8.00 **Sister Boniface Mysteries** *Stiff Competition:* 7/12. Sister Boniface investigates a deadly magical mishap at the talent show. (S2)
9.00 **Silent Witness** *The Greater Good:* Traces of a possible nerve agent are found during a post mortem.
11.20 **Whitstable Pearl** (S2)
12.20 AM **The Marlow Murder Club** 3&4/6. (S2)
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **(BST) Fantasy Homes by the Sea**
7.00 Teleshopping
8.00 Fantasy Homes by the Sea Double bill.
10.00 My Dream Derelict Home in the Sun
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 A Place in the Sun
7.00 Long Lost Family Featuring a man and a woman, each looking for their birth mothers. **8.00** A double search within one family.
9.00 Dr Pimple Popper Gerard has nearly 100 lumps all over his body. **10.00** Ravon has a growth on his leg. **11.00** David has a growth under his eye.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 to 6.00 AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **(BST) The Bidding Room** Double bill.
9.00 Friends Like These
11.00 Play Your Cards Right
12.00 NOON **Dickinson's Real Deal** From Cheltenham.
1.00 PM **Lily Savage's Blankety Blank**
3.00 Through the Keyhole
4.00 Friends Like These Double bill of the game show in which teams of best friends battle it out to win a dream holiday.
6.00 The Chase Celebrity Special With guests Paula Lane, Steve Pemberton, Ben Miller and Matthew Burton.
7.00 The Chase Double bill of the quiz show.
9.00 The Family Chase The Setchell family from Staffordshire take part.
10.00 The Chase Six editions of the quiz show.
4.00 AM **The Chase Celebrity Special**
5.00 to 6.00 AM **The Chase**

GREAT! action

323 426 42

8.00 AM **(BST) Wild West Chronicles**
8.30 Snipers Documentary.
9.50 Battle Honours
11.00 FILM Hell Boats Drama. (1969, PG, 95min) ★★
1.00 PM **FILM Bad Man's River** Spaghetti Western. (1972, 12, 90min) ★
3.05 FILM Man of the West Western. (1958, 12) ★★
5.20 FILM 7th Cavalry Western adventure. (1956, U, 77min) ★★★
7.05 FILM Santa Fe Western. (1951, U, 87min) ★★
9.00 FILM Red Sun Western with Charles Bronson. (1971, 15, 112min) ★★★
11.25 FILM Acts of Violence Drama with Bruce Willis. (2018, 15, 86min) ★★
1.25 AM **FILM Shockwave: Countdown to Disaster** Thriller with Rib Hillis. (2017, 15, 99min) ★★
3.10 to 5.00 AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **(BST) Air Rescue**
9.40 Sue Thomas: F.B.Eye
10.40 FILM The Wedding Stalker (2017, PG) ★★
12.35 PM **FILM Killer Contractor** Thriller. (2019, 12, 84min) ★★
2.30 FILM Cheaper by the Dozen Comedy. (2003, PG, 98min) ★★★
4.35 FILM Cheaper by the Dozen 2 Comedy sequel. (2006, PG, 94min) ★★★★
6.35 FILM Knight and Day Comedy thriller. (2010, 12, 105min) ★★★
9.00 FILM 16 Blocks Action thriller. (2006, 12, 102min) ★★★★
11.15 FILM Stratton Thriller. (2017, 15, 94min) ★★
1.25 AM **FILM The Road** Sci-fi drama. (2009, 15, 111min) ★★★★
4.00 to 6.00 AM **FILM Instakiller** Thriller. (2018, 12, 90min) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM (BST) Royally Ever After** Comedy. (2018, PG, 95min) ★★
10.05 FILM The Irresistible Blueberry Farm Drama. (2016, PG, 85min) ★★
12.00 NOON **FILM Love on the Vines** (2016, PG) ★★
1.55 PM **FILM The Engagement Plot** Comedy. (2022, PG) ★★
4.00 FILM Me and Mr Right Romantic comedy. (2022, U, 91min) ★★
6.05 FILM Team Bride Drama. (2023, U, 91min) ★★
8.00 FILM Just for Showmance Comedy. (2023, U, 83min) ★★
9.55 FILM The Perfect Pairing Romantic drama. (2022, U, 82min) ★★
11.45 FILM Valentine in the Vineyard (2019, PG) ★★
1.50 AM **Highway to Heaven**
3.00 to 5.00 AM **FILM Love's Last Resort** Drama. (2017, PG, 85min) ★★

+1hour 320 63

Rewind TV

182 92

6.00 AM **(BST) Highlights**
6.30 Flash Gordon
6.55 Roobarb
7.00 Flash Gordon
7.25 Roobarb
7.30 Watching (S3&4)
10.00 Bewitched (S1)
12.30 PM **Last Days of...**
2.15 Classix Nouveaux
2.45 Auto Rewind
3.00 Hancock 8/13. (S1)
3.30 Tracing the Rails
4.00 Walking Westward
4.30 Bust 6/6. (S2)
5.30 Married... with Children
6.00 Blue Thunder 1/11. (S1)
7.00 Heather Ann Drama.
8.00 Police Woman (S1)
9.00 Dark Skies (S1)
11.00 Married... with Children
11.30 Last Days of Pompeii
1.15 AM **Auto Rewind**
1.30 Bubblegum & Cheese
2.30 That's My Dog
3.00 Police Woman (S1)
4.00 That's My Dog
4.30 Hancock 8/13. (S1)
5.00 to 6.00 AM **Highlights**

DMAX

159 169 39 147

6.00 AM **(BST) Alaskan Bush People** Four editions.
10.00 Junkyard Empire
2.00 PM **Wheeler Dealers**
7.00 Expedition Bigfoot An abandoned railroad track offers fresh clues about Bigfoot's whereabouts to the team. **8.00** Russell uses an unlikely ally to pursue a strange predator, while Bryce investigates the team's recent run-ins with mysterious orbs.
9.00 Paranormal: Caught on Camera A Bigfoot enthusiast captures evidence of the cryptid's elusive cousin. **10.00** A spirit attempts to halt construction on a family's home in the Philippines.
11.00 In Search of Monsters
2.00 AM **Teleshopping**
5.00 to 6.00 AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **(BST) Man v Food: Best Of** Ten editions.
11.00 James Martin Digs Deep
12.00 NOON **James Martin's Mediterranean**
3.00 PM **The Great British Bake Off** The hopefuls try to prove their bread-making prowess. **4.00** The cooks tackle three types of tart. **5.00** The amateur cooks tackle three sumptuous desserts. **6.00** The cooks face pie-making challenges. **7.00** Three pudding-making challenges. **8.00** A trio of sweet dough challenges.
9.00 Mary Berry's Easter Feast 1/2. Mary explores the roots of her faith. **10.00** 2/2. The foods that bring different communities together.
11.00 Jamie Oliver: Together
1.00 to 3.00 AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **(BST) The Twilight Zone** Double bill.
8.00 FILM Strange Invaders Sci-fi action comedy. (1983, 12, 89min) ★★
10.00 Six Million Dollar Man
3.00 PM **FILM The Shepherd of the Hills** Western. (1941, PG, 98min) ★★
5.00 FILM Jesse James the Unstoppable Outlaw Western adventure. (2018, 12, 80min) ★★
6.35 FILM Monte Walsh Western starring Isabella Rossellini. (2002, PG, 95min) ★★
9.00 FILM Highlander Sci-fi thriller with Christopher Lambert. (1986, 15, 111min) ★★★★
11.15 FILM Anti-Life Sci-fi drama with Bruce Willis. (2020, 15, 93min) ★★
1.10 AM **FILM Alive** Horror. (2019, 15, 91min) ★★
3.00 to 4.50 AM **FILM The Resident** Horror thriller. (2011, 15, 91min) ★★

Legend Xtra

317 171 69 138

6.00 AM **(BST) FILM Flight World War II** Thriller. (2015, 12, 85min) ★★
8.00 FILM The Land That Time Forgot Fantasy. (2009, 12, 90min) ★★
10.00 FILM Crack in the World Sci-fi thriller. (1965, PG, 96min) ★★
12.00 NOON **FILM 2021: War of the Worlds** Thriller. (2021, 12, 78min) ★★
2.00 PM **FILM Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
4.00 Star Trek 2-6/24. (S3)
9.00 FILM Dracula Horror with Peter Cushing. (1958, 12, 82min) ★★★★
10.35 FILM First Man into Space Sci-fi chiller with Marshall Thompson. (1959, PG, 77min) ★★
12.15 AM **FILM Cold in July** Crime thriller. (2014, 15, 108min) ★★★★
2.25 to 3.00 AM **The Twilight Zone**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **(BST) Hardcore Pawn** Four editions.
8.00 Container Wars
10.00 The Proof Is Out There
11.00 Ancient Aliens
12.00 NOON **Close Encounters**
1.00 PM **Alien Files Reopened** Six editions.
7.00 Beyond Skinwalker Ranch Andy and Paul uncover shocking evidence that ties to Skinwalker Ranch.
8.00 Curse of Skinwalker Ranch A team investigate a hotbed of paranormal activity.
9.00 U-Boat Wargamers An advanced torpedo.
10.05 Ghost Ships
11.05 Lost Relic Hunters
12.05 AM **History's Greatest Mysteries** The Chicago Tylenol Murders.
1.00 Conspiracy Files: Unsealed Double bill.
2.00 National Park Mysteries
3.00 to 6.00 AM **Flipping Bangers**

5SELECT

153 138 46 133

9.00 AM **(BST) Shop Smart, Save Money** Gaby and Ortis test juicers.
10.00 How to Clear Your Credit Card Quickly
11.00 Columbo Five episodes of the drama, including at: **4.55** PM *A Trace of Murder:* The sleuth investigates the murder of a businessman. **6.55** *Prescription: Murder:* Lt Columbo investigates a philandering psychiatrist who has the perfect alibi for murdering his wife.
9.00 Kate 1/2. A profile of the Princess of Wales, featuring first-hand testimonies from those who know her best. **10.30** 2/2. The Princess of Wales faces her biggest challenges yet.
12.00 M'T **World War II in Colour** Double bill.
2.00 AM **Nazi Megastructures**
3.00 to 4.00 AM **Nazi Killing Fields**

HGTV

158 191 44 149

7.00 AM **(BST) My Lottery Dream Home**
10.00 Escape to the Country
1.00 PM **Escape to the Country** Six editions of the series in which people search for their ideal rural retreats.
7.00 Escape to the Country Sonali Shah helps a couple hoping to find literary inspiration and seaside serenity for their £500,000 budget on the Dorset coast, and also meets two printmakers.
8.00 A Place in the Sun Five editions of the property series featuring advice on buying a second home abroad.
1.00 AM **Bargain Mansions** Tamara tackles the kitchen in a Craftsman-style bungalow.
2.00 to 4.00 AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **(BST) Say Yes to the Dress: UK**
8.00 Say Yes to the Dress: Lancashire Double bill.
10.00 Little People, Big World
12.00 NOON **Extreme Cheapskates**
1.00 PM **My 600lb Life**
5.00 sMothered
6.00 Sister Wives
7.00 Good Bones
8.00 7 Little Johnstons It's baby Leighton's first Christmas, and the Johnstons go all out.
9.00 Baylen Out Loud The Duprees head to the beach for their annual family vacation.
10.00 Love & Translation
11.30 Sex Sent Me to the ER
12.30 AM **Body Bizarre**
1.30 Extreme Cheapskates
2.00 Dr Pimple Popper
4.00 Extreme Cheapskates
5.00 to 6.00 AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **(BST) Whose Line Is It Anyway? USA**
10.00 Friends (S4&5)
7.00 PM **Friends** 4/24. Ross faces a dilemma. **7.30** 5/24. Joey discovers Chandler's secret romance. **8.00** 6/24. Emily asks Ross to move away. **8.30** 7/24. Ross moves into Chandler and Joey's flat. (S5)
9.00 FILM White Chicks Comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★
11.15 Dara O Briain: Craic Dealer Stand-up show.
12.15 AM **Al Murray: The Only Way Is Epic**
1.15 Utopia 3&4/8. (S2)
2.25 South Park 3/15. (S7)
2.55 Whose Line Is It Anyway? USA
4.10 The Pep Talk
4.15 to 5.00 AM **Gods of the Game**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **(BST) Home Improvement**
7.00 Teleshopping
9.00 Home Improvement
11.00 Criminally Funny
7.00 PM **Whose Line Is It Anyway? USA**
9.00 Friends 18/24. Rachel thinks Emma will soon be talking, while Chandler waits for an important phone call. **9.30** 19/24. Chandler's plans to whisk Monica away fall flat, while Rachel joins Joey on the set of his soap opera. **10.00** 20/24. Joey throws a party for the cast of *Days of Our Lives.* **10.30** 21/24. Chandler and Monica visit a fertility clinic. (S9)
11.00 Friends (S9&10)
2.05 AM **Impractical Jokers**
3.05 The Daily Show
5.00 Beavis and Butt-Head
5.15 to 6.00 AM **Home Improvement**

Sky Replay

152 156

7.00 AM **(BST) Highway Cops**
10.00 Four Weddings
11.00 Celebrity Four Weddings Reality series.
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **The Ark** (S2)
5.00 Fantasy Island (S1)
7.00 Sun, Sea and A&E The medical teams are stretched to their limit. **8.00** A girl is brought in with acute pancreatitis. **9.00** An English man is admitted with his face badly out of shape. **10.00** A reveller in Palma suffers a deep gash to his head.
11.00 Sun, Sea and A&E: South Africa
12.00 M'T **A League of Their Own: Mexican Road Trip** Triple bill of editions.
3.00 AM **Four Weddings**
4.00 Celebrity Four Weddings Reality series.
5.00 to 6.00 AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **(BST) Daria**
6.20 16 and Pregnant
7.10 Teen Mom: The Next Chapter Double bill.
9.00 Dallas Cowboys Cheerleaders
1.00 PM **Teen Mom: The Next Chapter** Eight editions, including at: **8.00** Leah navigates telling her daughters about her dad's cancer.
9.00 MTV Cribs: Ultimate Party Pads AJ Odudu has found the crème de la crème of party pads.
10.00 Help! I'm in a Secret Relationship! People uncover why their partners are hiding them.
11.00 Dating Naked UK
12.00 M'T **The Challenge: All Stars** The pairs fight for a ticket to the final.
1.00 AM **True Life Crime UK**
2.00 Catfish: Worst Offenders Reality series.
2.45 Catfish: The TV Show
3.35 to 4.00 AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **(BST) Wheeler Dealers**
7.00 **Wheeler Dealers: Dream Car**
8.00 **Wheeler Dealers**
11.00 **Wheeler Dealers World Tour**
12.00 NOON **Alaska: Homestead Rescue** Four editions of the documentary, including at: **4.00** PM Marty faces his most daunting challenge ever in a Tennessee homestead rescue.
6.00 **Border Control: Europe** An officer is alerted by a bag containing three large bottles. **6.30** Officers search a man suspected of smuggling drugs.

7.00 Building Off the Grid

7.00 **NEW SERIES Building Off the Grid** A young family build an in-earth cavern in the mountains of northern Georgia.
8.00 **Building Off the Grid** A farmhouse build in the verdant Wisconsin countryside pushes a family to breaking point.
9.00 **Marooned with Ed Stafford** Ed tries to survive in Namibia's Erongo Mountains.
10.00 **Mega Shippers** One of the biggest heavy lift vessels in the world is squeezed through a narrow canal in Germany.
11.00 **Alaska Mega Machines** Engineers on the island of Sitka construct a dam capable of powering an entire town. Plus, Alaska's biggest boat lift hauls a 400-ton fishing ship.
12.00 M'T **Naked and Afraid**
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **(BST) Extinct or Alive**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Guardians of Rescue**
3.00 **Growing Up** Marsupials.
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff returns from a clinic with a dog that was hit by a car. **5.00** Dr Jeff helps a dog that was lost during a windstorm.
6.00 **Extinct or Alive** A search for a black panther in Florida.

7.00 Amanda to the Rescue

7.00 **Amanda to the Rescue** Amanda Geise goes on a road trip to rescue Jedi, a boxer whose blindness does not affect its energy.
8.00 **Crikey! It's the Irwins** As baby Grace discovers the world, Robert attempts the biggest Gator move in Australia Zoo history.
9.00 **Crikey! It's the Irwins** Robert handles a hostile wombat called Bunker, and it's moving day for an anaconda called Nikki.
10.00 **The Last Alaskans** The families each hunt for the one animal large enough to feed them through the heart of winter.
11.00 **Swimming with Monsters with Steve Backshall** The naturalist travels to the Pantanal wetland area of Brazil to swim with anacondas.
12.00 M'T **Rugged Justice**
1.00 AM **Edge of Alaska**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **(BST) Food Factory**
9.00 **Border Protection Spain**
11.00 **Air Crash Investigation**
1.00 PM **Plane Crash Recreated**
2.00 **Hitler's Secret Underground Factory** The story of the Messerschmitt ME 262.
3.00 **World War II: Secrets from Above** Fierce fighting breaks out in the streets of Stalingrad.
4.00 **Apocalypse: The Fall of Hitler** Double bill of editions.
6.00 **Seconds from Disaster** The events leading up to the crash of Japanese Airlines Flight 123.

9.00 Drain Alcatraz

7.00 **Mutant Weather** The stories of a fishing community facing the end of an industry, and a heatwave in Montreal.
8.00 **Mysterious Islands** New edition The ruins of an unknown civilisation, a long-lost temple, and a mysterious green light.
9.00 **Drain Alcatraz** Cutting-edge visuals drain the water around Alcatraz to reveal why the prison was so inescapable.
10.00 **Australia's Hardest Prison** Exploring Casuarina maximum security institution in Western Australia.
11.00 **Death Row Texas** A look into the lives of three prisoners facing execution.
12.00 M'T **Air Crash Investigation**
2.00 AM **Abandoned** Double bill.
2.55 **Food Factory USA**
3.45 **Money Meltdown**
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **(BST) Bradley Walsh: Egypt's Cosmic Code**
7.00 **Pawn Stars** Triple bill.
10.00 **Storage Wars** Eight editions.
2.00 PM **Viking Dead** A trip to the Viking Ship Museum in Roskilde, Denmark. **3.00** The discovery of a mass grave in Dorset. **4.00** A well-preserved Viking ship discovered in 1904. **5.00** A look at the discovery of various sites where Vikings had buried treasure. **6.00** Conflict between the English and the Vikings.

8.00 Hitler's Secret Tunnels

7.00 **Viking Dead** Experts analyse the remains of two Viking boats that were filled with dead bodies.
8.00 **Hitler's Secret Tunnels** Documentary examining how hundreds of miles of tunnels built by the Nazis may still be protecting Hitler's final secrets.
9.40 **Auschwitz: One Day** Documentary telling the story of a typical day in 1944 in the concentration camp from the viewpoints of victims and perpetrators.
10.55 **Container Wars** Manic Matt competes with Uzi and Schlomi over a container from Guam.
11.25 **Container Wars** Matt and Jason battle it out when a valuable container arrives.
11.55 **Ivan the Terrible** The real story of Russia's first tsar, who has become synonymous with despotism and tyranny.
1.10 AM **Storage Wars**
5.00 **to 6.00** AM **Hitler's Engineers**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **(BST) One Foot in the Grave** Christmas special from 1994. A face from the past haunts the Meldrews.
7.10 **Great American Railroad Journeys** Double bill.
9.00 **Great Canal Journeys**
11.00 **Antiques Roadshow**
3.00 PM **The Lakes with Simon Reeve** Double bill of editions.
5.00 **Turkey with Simon Reeve**
6.00 **Porridge** Harris drops stolen pills into Fletcher's cuppa. **6.40** Fletcher objects to having a third cellmate.

5.00 Turkey with Simon Reeve

7.20 **Porridge** The inmates are shocked to discover there is a thief in their midst, so Fletcher decides to stage a mock trial.
8.00 **Bangers & Cash** Jack and Amy go on a trip to collect some motorbikes from a widow in the north east of England.
9.00 **Bangers & Cash** A classic car fan with a love of the Jaguar E-Type reluctantly sends his dream car to auction.
10.00 **Bangers & Cash** A widow reluctantly parts with her husband's treasured collection of Rolls-Royces and Bentleys.
11.00 **Dream Car Fixers** Sheldon and Peter try to source and restore a Porsche 944.
12.00 M'T **Masters of Reinvention** Dr Shini and her team design and build a scale replica of an iconic vintage aeroplane.
1.00 **to 3.00** AM **Cop Car Workshop**

+1hour 255 329

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **(BST) Combat Dealers** Double bill.
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Salvage Hunters: The Restorers**
2.00 PM **The Repair Shop**
5.00 **Celebrity Yorkshire Auction House**
6.00 **The Yorkshire Auction House** A treasure trove of toys in Manchester.
7.00 **The Derbyshire Auction House** Whilst sorting through an antique shop, Irita finds a Uranium glass vase.
8.00 **The Repair Shop** Triple bill, including at: **10.00** A gramophone that has lost its voice.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **(BST) Say Yes to the Dress: UK**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **The Killer in My Family** Four editions.
7.00 **The Killer in My Family** Featuring relatives of serial con-woman and murderer Sante Kimes. **8.00** The case of Harry Jarvis, who killed his wife in the basement.
9.00 **Matriarch of Murder?** A young mother turns up dead on the tracks.
10.00 **A Killer's Mistake** Patients at a respected Texas hospital start to die unexpectedly.
11.00 **999 Murderer Calling**
12.00 M'T **Chris Watts: A Faking It Special**
1.00 AM **Levi Bellfield: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **(BST) Judge Judy**
1.00 PM **Judge Judy**
6.05 **The Black Widow Murders** A murder scene is staged to look like a drug deal gone wrong.
7.00 **Bloodline Detectives** The rape and murder of nine-year-old Debbie Lynn Randall is solved.
8.00 **Donal MacIntyre: A Life in Crime** Charting the investigative reporter's life and career.
9.00 **A Secret to Die For** Hidden within a new marriage is a web of deceit and love affairs. **10.00** Bank robbing, deceptions and secret lives catch up with a serial liar, as his life spirals down a dark path.
11.00 **Cold Justice Sex Crimes** Double bill.
1.00 AM **A Secret to Die For**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **(BST) New Scotland Yard Files**
12.00 NOON **Murder: Fight for the Truth**
2.00 PM **Medical Detectives** The case of a victim who ingested a large amount of cyanide. **2.30** The murder of a dry cleaning employee. **3.00** Investigating a hit-and-run accident. **3.30** Police believe the death of a millionaire was designed to look like a robbery gone wrong. **4.00** A killer who seemed to disappear. **4.30** Police investigate the disappearance of a young woman.
5.00 **Evidence of Evil**
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Wrongly Accused**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **(BST) Motorway Patrol** Six editions.
9.00 **Brit Cops**
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **How I Caught the Killer** Documentary.
2.00 **Love You to Death**
3.00 **Forensics: Catching...**
4.00 **Murdered at First Sight**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **The Murder of Lyn Dawson: The Teacher, the Groomer, the Killer**
11.00 **What the Killer Did Next** Nadine Aubras.
12.00 M'T **An Unexpected Killer** Documentary.
1.00 AM **Killer in My Village**
3.00 **The Force: North East**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **(BST) Grand Tours of Scotland** In Mallaig.
8.40 **War Machine: World War II** Four editions.
1.00 PM **Grand Tours of Scotland** In Mallaig.
1.40 **D-Day 360**
2.50 **War Machine: World War II** Four editions.
7.10 **D-Day 360** The battlefield of Omaha Beach is brought to life.
8.20 **Forgotten Soldier** Lady Irene Hatter uncovers the truth behind her father's bravery during World War Two.
9.55 **Kokoda: The Spirit Lives** Patrick Lindsay draws upon over 100 participant interviews to examine how young, ill-trained and under equipped Australian troops held out against Japanese invaders.
12.00 M'T **D-Day 360**
1.10 **to 2.00** AM **Grand Tours of Scotland**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **(BST) Discovering: Tom Cruise** A profile of the actor.
7.00 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **I Am Alfred Hitchcock**
10.50 **My Icon: Pam Cookey**
11.00 **The Apollo** Documentary.
1.00 PM **JFK Revisited: Through the Looking Glass** Documentary examining the 1963 assassination of US president John F Kennedy
3.15 **I Am Jackie O** Profile of Jackie Kennedy Onassis.
5.00 **Val** Documentary focusing on the daily life of actor Val Kilmer.
7.10 **I Am Richard Pryor** A tribute to the comedian and actor.
9.00 **Gary** A look at the life and mysterious death of actor Gary Coleman, who shot to fame in hit sitcom *Diff'rent Strokes*.
11.00 **Klitschko: More Than a Fight** A profile of Kyiv mayor and former boxer Vitali Klitschko.
2.00 AM **Money Electric: The Bitcoin Mystery** Documentary.
3.00 **Icahn: The Restless Billionaire**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **(BST) Baby Animals**
9.00 **Wild Fighters**
11.00 **Dogs with Extraordinary Jobs**
12.00 NOON **Africa's Wild Roommates: How Animals Share Bed and Board**
1.00 PM **Dogs with Extraordinary Jobs** Documentary.
2.00 **Secrets of the Enchanted Forests** Double bill.
4.00 **Woodpeckers: The Hole Story**
5.00 **Cub Camp** New edition Yara and Yasmine experience the joys of rain and climbing, while Winston takes a dip in his pool.
6.00 **David Attenborough's First Life**
8.30 **Micro Monsters with David Attenborough**
9.00 **World's Most Toxic Animals**
11.00 **Cub Camp** Documentary.
12.00 M'T **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
1.00 AM **Accidental Wilderness: Europe's Everglades**
2.00 **Dogs with Extraordinary Jobs**
4.00 **Extreme Snakes: Australia**
5.00 **to 6.00** AM **Extreme Snakes: Africa**

Sky History 2

163/168 840 186

6.00 AM **(BST) Ancient Aliens**
9.00 **Caesar's Doomsday War**
10.00 **Guns That Changed the Game** Machine guns.
11.00 **The Secret Nazi Expeditions**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Digging for Britain** Triple bill of the documentary, including at: **7.00** Alice Roberts uncovers a rare Bronze Age weapons hoard.
8.00 **Ancient Aliens** Whether extraterrestrials landed on Earth thousands of years ago.
9.00 **American Godfathers: The Five Families** The impact of law enforcement on the five New York City Mafia families.
11.00 **Ancient Aliens** Investigations into the power of the number three in history and science. **12.00** M'T Investigating whether wizards and witches were given knowledge by aliens. **1.00** AM As 8.00pm.
2.00 **American Godfathers: The Five Families** As 9.00pm.
4.00 **to 6.00** AM **Instruments of Death**

Crime+Investigation

156 837 133

6.00 AM **(BST) Nightmare in Suburbia** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** True-crime.
11.00 **Missing Presumed Dead**
1.00 PM **Snapped Behind Bars**
3.00 **Cops Gone Bad with Will Mellor** Triple bill of editions.
6.00 **My Strange Arrest**
7.00 **When Missing Turns to Murder** Mary Jane Mustafa.
8.00 **Fatal Family Feuds** Exploring cases where families are ruined.
9.00 **Gypsy Rose: Life After Lock Up** New edition Gypsy confronts social media haters at a public speaking event.
10.00 **A Perfect Scam**
11.00 **Homicide Squad: New Orleans**
12.00 M'T **My Strange Arrest**
1.00 AM **Gypsy Rose: Life After Lock Up** As shown at 9.00pm.
2.00 **Cops Gone Bad with Will Mellor** The story of James Riley.
3.00 **Witness to Murder: Digital Evidence** Documentary.
4.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **(BST) The Incredible Dr Pol** Double bill of editions.
10.00 **Desert Lions: Skeleton Coast**
11.00 **Europe from Above**
1.00 PM **Lake Tanganyika: Africa's Blue Heart** Documentary.
2.00 **Europe's Wild Places**
4.00 **Secrets of the Zoo: North Carolina** Double bill.
6.00 **Critter Fixers: Country Vets** New edition The vets are flummoxed by a seemingly pregnant goat.
7.00 **Savage Kingdom** The forest residents turn on a leopard.
8.00 **Incredible Animal Journeys** New edition A young migrating zebra evades predators.
9.00 **Wild Costa Rica** A look into the country's wildlife.
10.00 **Africa's Hunters** A young lion who was rejected by its mother faces a series of challenges.
11.00 **Snakes in the City** Simon and Siouxsie test their apprentice.
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **(BST) Shed and Buried**
9.00 **Lost Mines: Restored**
10.00 **Rebel Gold** Double bill.
12.00 NOON **Combat Dealers**
3.00 PM **Mystery at Blind Frog Ranch** Triple bill of editions.
6.00 **Secrets Underground** The ground beneath Tesla's only remaining lab may hold clues to his invention. **7.00** A looming threat beneath the city of Naples. **8.00** New theories claim the sunken city of Atlantis may have been in the Americas.
9.00 **A Crime to Remember** The case of Marilyn Sheppard, who was found beaten to death in her bedroom in 1954. **10.00** A Chicago case dating back to 1966, in which eight nurses were murdered. **11.00** Focusing on the 1960 murder of Mary Burge, who was found strangled in her bed.
12.00 M'T **The Strangest UFO Stories of All Time**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **(BST) The Architecture the Railways Built**
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill** *Housey Housey:* Officers oversee squatters being evicted from council flats. **5.30** *Connelly's Kids:* Greig and Carver arrest a man on suspicion of handling stolen property. **6.00** *One of Those Days:* Ackland and Loxton attend a hit-and-run incident. **6.30** *Jack-The-Lad:* Datta and Stamp find two women fighting each other over one of the woman's husbands.
7.00 **Top of the Pops** Triple bill.
9.00 **The Brokenwood Mysteries** *Here's to You, Mrs. Robinson:* 6/6. Several partygoers are killed at a 1970s-themed event. (S7)
11.00 **The Bill** Four episodes.
1.15 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.45 **The Architecture the Railways Built** Documentary.
5.35 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **(BST) Murder Comes to Town** Double bill of editions.
10.00 **Love the Way You Lie**
11.00 **Web of Lies** Documentary.
12.00 NOON **Natalie Wood: An American Murder Mystery**
1.00 PM **Shallow Grave: People Magazine Investigates**
2.00 **The Missing** Double bill.
3.00 **Grave Secrets**
4.00 **Obsession: Dark Desires**
6.00 **Evil Stepmothers**
8.00 **Signs of a Psychopath** A man asks to assist in a brutal murder investigation. **8.30** A woman's roommate could be a female psychopath.
9.00 **Crime Scene Confidential**
10.00 **Homicide Hunter: Never Give Up** Documentary.
12.00 M'T **American Detective with Lt Joe Kenda** Double bill.
2.00 AM **The Perfect Murder**
4.00 **Murder Under the Friday Night Lights** Documentary.
5.00 **to 6.00** AM **Hometown Homicide: Local Mysteries**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **(BST) World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Richard Hammond's Workshop** Five editions.
5.00 PM **FourWheeler**
5.30 **Head 2 Head** Triple bill.
7.00 **Wheeler Dealers** Mike helps out a young member of the team by fixing up his four-litre V6 2007 Mustang. **8.00** Part one of two. Mike converts a classic 1965 Plymouth Barracuda. **9.00** Part two of two. Mike and Ant complete one of their biggest builds ever. **10.00** A 2002 Chevy Corvette Z06 is worked on. **11.00** Mike tracks down a part-restored Chevrolet Camaro in California. **12.00** M'T Mike searches for a Dodge Charger to restore.
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **(BST) Harold and the Purple Crayon** Adventure. (2024, PG, 87min) ★★★
7.35 **Sneaks** (2025, PG) ★★
9.15 **It Ends with Us** As 4.50pm.
11.35 PREMIERE **I'll Be Right There**
1.20 PM **Sneaks** (2025, PG) ★★
3.00 **Babes** As shown at 12.00m't.
4.50 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
7.15 PREMIERE **I'll Be Right There** Comedy. (2023, 12, 93min) ★★★ *See review, page 23.*

7.15 I'll Be Right There

I'll Be Right There (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Horizon: An American Saga – Chapter 1** Western starring Kevin Costner, who also co-wrote and directed. A seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. With Sienna Miller, Sam Worthington and Jena Malone. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Babes** Comedy with Ilana Glazer and Michelle Buteau. (2024, 15, 104min) ★★★★
1.50 AM **AfrAid** Horror with John Cho. (2024, 15, 84min) ★★
3.20 **Skincare** Dark comedy thriller starring Elizabeth Banks. (2024, 18, 86min) ★★★
5.00 **to 6.40** AM **Noah's Ark** Animation. (2024, U, 96min)

Sky Cinema Hits

303 403 503 517

6.00 AM **(BST) Ride On** Drama. (2023, PG, 126min) ★★★
8.15 **The Great Escaper** (2023)
10.05 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
12.10 PM **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
1.55 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
3.40 **The Truman Show** Comedy. (1997, PG, 99min) ★★★★
5.40 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★

8.00 Charlie's Angels

8.00 **Charlie's Angels** Comedy thriller starring Drew Barrymore, Cameron Diaz and Lucy Liu as three private eyes sent on a mission to investigate the kidnapping of a computer magnate. (2000, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 **Charlie's Angels: Full Throttle** Comedy thriller sequel starring Cameron Diaz. The Angels run into a fallen former Angel when they seek to retrieve two silver rings containing top-secret information. (2003, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.55 **The Bricklayer** Action thriller. (2023, 15, 110min) ★★
2.00 AM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
3.50 **There's Something in the Barn** Festive comedy horror. (2023, 15, 100min) ★★
5.45 **to 6.00** AM **The Cinema List: Biopic**

Sky Cinema Drama

310 410 510 524

6.15 AM **(BST) Out of Africa** Oscar-winning romantic drama. (1985, PG, 162min) ★★★★
9.00 **Finding You** Romantic drama. (2021, PG, 119min) ★★
11.10 **North Hollywood** Comedy drama. (2021, 15, 93min) ★★★
12.55 PM **A Good Person** Drama. (2022, 15, 129min) ★★★★
3.10 **She Came to Me** Comedy. (2023, 15, 102min) ★★★★
5.00 **Oppenheimer** Epic biopic starring Cillian Murphy, Robert Downey Jr and Emily Blunt. (2023, 15, 180min) ★★★★★
8.00 **Ferrari** Biopic starring Adam Driver and Shailene Woodley. (2023, 15, 130min) ★★★
10.20 **Chuck Chuck Baby** Drama with Louise Brealey and Annabel Scholey. A woman who lives with her ex-husband and his girlfriend seeks romance while toiling at the local chicken factory. (2023, 15, 101min) ★★★★
12.10 AM **Beach Rats** Powerful drama starring Harris Dickinson. (2017, 15, 98min) ★★★
1.50 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
4.20 **to 6.10** AM **The Shamrock Spitfire** Biographical drama. (2024, 12, 108min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.20 AM **(BST) Goosebumps 2: Haunted Halloween** Comedy sequel. (2018, PG, 86min) ★★
8.05 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
10.25 **Star Trek: Insurrection** Sci-fi adventure with Patrick Stewart. (1998, PG, 105min) ★★★
12.15 PM **Doom** Horror starring Karl Urban and Dwayne Johnson. (2005, 15, 105min) ★★★
2.10 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
4.20 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
6.25 **Ouija** Horror chiller starring Olivia Cooke and Ana Coto. (2014, 15, 87min) ★★
8.00 **Insidious: The Red Door** Horror sequel starring Patrick Wilson and Ty Simpkins. (2023, 15, 107min) ★★
9.55 **Total Recall** Sci-fi thriller remake starring Colin Farrell. (2012, 12, 113min) ★★★
12.05 AM **Ouija: Origin of Evil** Supernatural horror prequel starring Elizabeth Reaser. (2016, 15, 99min) ★★★
1.55 **Repo Men** Sci-fi action thriller starring Jude Law and Forest Whitaker. (2009, 18, 111min) ★
4.05 **to 6.00** AM **Doom** As 12.15pm.

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.00 AM **(BST) Zathura: A Space Adventure** (2005, PG) ★★★★
7.55 The Cinema List
8.10 Angus, Thongs and Perfect Snogging (2008, 12) ★★★★
10.05 Hook Fantasy. (1991, U) ★★★
12.40 PM **The Flintstones in Viva Rock Vegas** (2000, PG) ★★
2.25 The Flintstones Comedy. (1994, U, 93min) ★★★
4.00 IF Fantasy. (2024, U) ★★★
5.50 The NeverEnding Story Fantasy. (1984, U) ★★★

7.30 Yogi Bear

7.30 Yogi Bear Comedy mixing live-action and computer-animation. (2010, U, 81min) ★★★
SEX ○○○ VIOLENCE ○○○ LANG ○○○

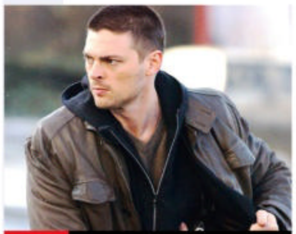
9.00 Addams Family Values Ghoulish black comedy sequel starring Anjelica Huston and Raul Julia. The Addams' homicidal new nanny sets her sights on Uncle Fester. (1993, PG, 92min) ★★★★
SEX ○○○ VIOLENCE ○○○ LANG ○○○

10.40 Reuniting the Rubins Comedy starring Timothy Spall and James Callis. (2010, PG, 98min) ★
SEX ○○○ VIOLENCE ○○○ LANG ●○○

12.25 AM **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
2.10 Pups United Adventure. (2015, U, 89min) ★★★
3.45 A Tiger's Journey Drama. (2023, PG, 94min) ★★★
5.25 to 7.05 AM **Mee-Shee: The Water Giant** Adventure. (2005, PG, 94min) ★★★

Sky Cinema Action
307 407 507 521

6.00 AM **(BST) The Bourne Supremacy** As 4.10pm.
7.50 The Bourne Ultimatum
9.50 The Bourne Legacy (2012)
12.05 PM **Jason Bourne** (2016)
2.10 The Bourne Identity (2002)
4.10 The Bourne Supremacy Spy thriller sequel with Matt Damon. (2004, 12, 108min) ★★★★
6.10 The Bourne Ultimatum Spy thriller sequel starring Matt Damon and Julia Stiles. (2007, 12, 115min) ★★★★



4.10 The Bourne Supremacy

8.10 The Bourne Legacy Espionage thriller sequel starring Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. With Edward Norton and Stacy Keach. (2012, 12, 129min) ★★★
SEX ○○○ VIOLENCE ●●○ LANG ●○○

10.30 Jason Bourne Action thriller starring Matt Damon. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ○○○ VIOLENCE ●●○ LANG ○○○

12.35 AM **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
2.35 The Bourne Supremacy
4.25 to 6.45 AM **The Bourne Legacy** As shown at 8.10pm.

Sky Cinema Comedy
308 408 508 522

6.00 AM **(BST) Mamma Mia!** Musical. (2008, PG) ★★★★
8.05 Spoiler Alert (2022, 15) ★★★
10.00 Horrible Bosses Comedy. (2011, 15, 93min) ★★★
11.50 Friends with Benefits (2011)
1.50 PM **O Brother, Where Art Thou?** Offbeat period comedy. (2000, 12, 106min) ★★★★
3.45 Girls Trip Comedy with Regina Hall. (2017, 15, 122min) ★★
5.55 Shakespeare in Love Comedy. (1998, 15, 122min) ★★★★

5.55 Shakespeare in Love

8.00 Wimbledon Romantic comedy starring Paul Bettany and Kirsten Dunst. A British tennis player enjoys an unexpected winning streak at Wimbledon after he falls in love with a rising US star. (2004, 12, 98min) ★★★
SEX ●●○ VIOLENCE ○○○ LANG ●●○

9.40 Chalet Girl Romantic comedy starring Felicity Jones and Ed Westwick. A former skateboarding champion gets a job as a ski resort chalet girl and falls for her boss's son. (2011, 12, 97min) ★★★
SEX ●○○ VIOLENCE ○○○ LANG ●○○

11.20 Everybody Wants Some!! Comedy with Blake Jenner. (2016, 15, 117min) ★★★★
1.20 AM **Friends with Benefits** Comedy. (2011, 15) ★★★
3.10 Relax, I'm from the Future Comedy. (2023, 15) ★★★
4.50 to 6.25 AM **Sasquatch Sunset** Action comedy. (2024, 15, 88min) ★★★★

Sky Cinema Gangsters
309 409 509 523

6.30 AM **(BST) Vertigo** Thriller. (1958, PG, 128min) ★★★★★
8.45 The Cinema List
9.05 Boyz N the Hood Drama. (1991, 15, 111min) ★★★★★
11.15 The Godfather Epic drama. (1971, 15, 167min) ★★★★★
2.25 PM **The Godfather Part II** Epic gangster drama sequel. (1974, 18, 200min) ★★★★★
6.00 The Godfather Part III Epic gangster drama sequel. (1990, 15, 162min) ★★★★

9.00 Goodfellas

The Godfather Part III (film started at 6.00pm)
SEX ○○○ VIOLENCE ●●● LANG ●●○

9.00 Goodfellas Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●○ VIOLENCE ●●● LANG ●●●

11.25 True Romance Crime thriller starring Christian Slater and Patricia Arquette. (1993, 18, 118min) ★★★★
1.30 AM **Boxcar Bertha** Martin Scorsese's crime drama. (1972, 18, 88min) ★★★
3.10 Lawless Prohibition-era crime drama starring Shia LaBeouf. (2012, 18, 111min) ★★★★
5.10 to 7.05 AM **Absolution** Thriller starring Liam Neeson. (2024, 15, 112min) ★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Gulliver's Travels** Comedy adventure. (2010, PG) ★★★
12.40 PM **Mr Popper's Penguins** Comedy. (2011, PG) ★★★
2.30 Tooth Fairy Fantasy comedy. (2010, PG, 101min) ★★★
4.35 Von Ryan's Express War drama. (1965, PG) ★★★★
6.50 The Devil Wears Prada Satirical comedy with Meryl Streep and Anne Hathaway. (2006, PG, 109min) ★★★★

6.50 The Devil Wears Prada

The Devil Wears Prada (film started at 6.50pm)
SEX ○○○ VIOLENCE ○○○ LANG ○○○

9.00 Murder on the Orient Express Agatha Christie mystery drama directed by and starring Kenneth Branagh. Hercule Poirot investigates the killing of an American businessman on board the famous train. With Daisy Ridley, Johnny Depp and Derek Jacobi. (2017, 12, 114min) ★★★
SEX ○○○ VIOLENCE ●○○ LANG ○○○

11.15 Mission: Impossible – Ghost Protocol Action spy thriller starring Tom Cruise, Jeremy Renner and Simon Pegg. (2011, 12, 133min) ★★★★
1.55 to 3.45 AM **The Guilty** Danish crime drama starring Jakob Cedergren. Subtitled. (2018, 15, 85min) ★★★

+1 hour 314 430 47 301

8 PM **9** PM **10** PM **11** PM

Sky Cinema Books to Screen
302 402 502 516

6.00 AM **(BST) Mr Holmes** (2015)
7.45 Eileen Mystery thriller. (2023, 15, 97min) ★★★★
9.25 I Am Legend Sci-fi horror. (2007, 15, 101min) ★★★★
11.10 The Meg Action thriller. (2018, 12, 113min) ★★★
1.10 PM **Meg 2: The Trench** Thriller sequel. (2023, 12, 115min) ★★★
3.10 Forrest Gump Whimsical fable. (1994, 12, 136min) ★★★★

5.35 The Shawshank Redemption Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
8.00 It Ends with Us Drama starring Blake Lively and Justin Baldoni. A woman's abusive relationship is shaken after her first love reappears. With Brandon Sklenar. (2024, 15, 125min) ★★★
10.20 The Girl on the Train Thriller based on the novel by Paula Hawkins, starring Emily Blunt. (2016, 15, 107min) ★★★★

12.15 AM **The Da Vinci Code** Conspiracy thriller starring Tom Hanks. (2006, 12, 149min) ★★★
2.45 The Day of the Jackal Classic thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
5.10 to 7.00 AM **Mr Holmes** Mystery. (2015, PG, 101min) ★★★★

Sky Cinema Greats
304 404 504 518

6.00 AM **(BST) Sky Cinema Preview**
6.30 The Man Who Knew Too Much Hitchcock suspense drama. (1956, PG, 120min) ★★★★
8.45 Stand by Me As 3.40am.
10.30 ...And Justice for All As 1.40am.
12.45 PM **Ghost** Romantic fantasy. (1990, 12, 127min) ★★★★
3.05 Last Action Hero Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★

5.30 Robin Hood: Prince of Thieves Adventure starrinf Kevin Costner as the outlaw who exacts revenge on the Sheriff of Nottingham. With Alan Rickman. (1991, PG, 138min) ★★
8.00 Schindler's List Steven Spielberg's Oscar-winning drama starring Liam Neeson, Ben Kingsley and Ralph Fiennes. (1993, 15, 195min) ★★★★★
11.15 The Great Gatsby Drama starring Robert Redford and Mia Farrow. (1974, 12, 146min) ★★★

1.40 AM **...And Justice for All** Black comedy starring Al Pacino. (1979, 15, 119min) ★★★
3.40 Stand by Me Drama starring Wil Wheaton and River Phoenix. (1986, 15, 89min) ★★★★★
5.20 to 6.20 AM **Sky Cinema Preview**

Sky Cinema Animation
305 412 500 514

6.00 AM **(BST) Sky Cinema Preview**
7.00 Lego DC Comics Super Heroes: Justice League vs...
7.55 Madagascar: Escape 2 Africa Animation. (2008, PG) ★★★
9.30 Trolls Band Together Animated musical. (2023, U, 91min) ★★★
11.05 Lego Batman Movie Animation. (2017, U, 104min) ★★★★
12.50 PM **Over the Hedge** Animation. (2006, U, 83min) ★★★★

2.25 Despicable Me Animation. (2010, U, 94min) ★★★★
4.00 Despicable Me 2 Animated sequel. (2013, U, 97min) ★★★
5.45 Wallace & Gromit: The Curse of the Were-Rabbit Animation. (2005, U, 85min) ★★★★★
7.20 Teenage Mutant Ninja Turtles: Mutant Mayhem Animation. (2023, PG, 99min) ★★★★
9.10 The Inseparables Animation. (2023, U, 90min) ★★★
10.50 Scooby-Doo! The Sword and the Scoob (2021, PG) ★★★

12.20 AM **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★
2.50 Lego DC Comics Super Heroes: Justice League vs Bizarro League (2015, U) ★★★
4.20 to 6.05 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★

Movies 24
312 419

7.00 AM **(BST) The Attraction Test** Comedy. (2022, PG, 85min) ★★
9.00 Perfect Harmony Romantic comedy. (2022, PG, 84min) ★★
11.00 Love Served Here Romantic drama. (2023, PG, 84min) ★★
1.00 PM **To Her, With Love** Romantic drama. (2022, PG, 84min) ★★
3.00 PREMIERE Eat, Love, London Drama starring Georgia May Foote. (2024, PG, 90min) ★★

5.00 The Boxer and the Butterfly Drama. (2023, PG, 90min) ★★
7.00 Betty's Bad Luck in Love Romantic comedy starring Laci J Mailey. A woman who believes any boyfriend she has is cursed to come to harm falls for a daredevil photojournalist. (2024, PG, 84min) ★★
9.00 Love in the Limelight Comedy with Alexa and Carlos PenaVega. (2022, PG, 84min) ★★
11.00 Paging Mr Darcy Romantic drama. (2024, PG, 84min) ★★

1.00 AM **Love's Playlist** Romantic comedy starring Skye Coyne. (2023, PG, 85min) ★★
3.00 to 5.00 AM **A Royal Runaway Romance** Romantic comedy. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **(BST) Piccadilly Third Stop** Thriller. (1960, b/w, PG) ★★
7.45 It's Great to Be Young Comedy. (1956, U, 95min) ★★★
9.35 Four Legged Lightning
9.55 The Christmas Tree Drama. (1966, b/w, U, 57min) ★★
11.05 The Beverly Hillbillies (S1)
11.40 Monsieur Hulot's Holiday French comedy. Subtitled. (1951, b/w, U, 87min) ★★★★

1.25 PM **Batman** 10/60. (S2)
2.00 Rawhide (1950, b/w, PG) ★★
3.45 Look at Life Documentary.
4.00 The Adventures of Robin Hood
4.30 Out of Town
5.00 The Footage Detectives
6.00 Lydia (1941, b/w, PG) ★★★★
8.00 Gideon's Way 13/26. (S1)
9.05 The Wheeltappers and Shunters Social Club
9.55 Budgie 7/13. (S1)
10.55 Voyage to the Planet of Prehistoric Women Adventure. (1968, 18, 78min) ★★

12.30 AM **The Heritage Chart Show**
1.35 The Wedding of Lilli Marlene World War Two drama. (1953, b/w, PG, 89min) ★★
3.15 Thunder in the City Comedy. (1937, b/w, PG, 88min) ★★
4.55 The Texan 21/37. (S1)
5.30 to 6.00 AM **The Larkins**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | EE HD

Sunday

Sky Sports Main Event

401 511 501 419 439

6.00 AM (BST) **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 LIVE **DP World Tour Golf** Day four of the Hero Indian Open from DLF Golf and Country Club.
12.30 PM **Sports Sunday**
1.30 LIVE **WSL Leicester City v Tottenham Hotspur.** Coverage of the top-flight match at the King Power Stadium. Kick-off **2.00pm**.
4.00 LIVE **WSL Chelsea v West Ham United.** Coverage from Kingsmeadow. Kick-off **4.30pm**.
7.00 LIVE **WTA & ATP Tennis** Coverage of the Miami Open women's doubles final in Florida.
7.30 LIVE **ATP Tennis** Coverage of the Miami Open men's final from Miami Gardens in Florida.
10.00 LIVE **PGA Tour Golf** Day four of the Texas Children's Houston Open at Memorial Park Golf Course.
11.00 LIVE **LPGA Tour Golf** Day four of the Ford Championship staged at Whirlwind Golf Club in Arizona.
2.00 AM LIVE **NCAA Basketball** Coverage of the Elite Eight matches in the South and Midwest regional sections of the NCAA college basketball tournament.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM (BST) **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **PL Retro** Manchester United v Manchester City from 2009/10.
12.00 NOON **Premier League Highlights** Recent action.
3.00 PM **Premier League Highlights** Nottingham Forest v Crystal Palace.
3.30 Tottenham v Arsenal.
4.00 Wolves v Manchester City.
4.30 West Ham United v Wolves.
5.00 **Premier League Highlights** Wolves v Manchester City.
5.30 Brentford v Crystal Palace.
6.00 Wolves v Nottingham Forest.
6.30 Fulham v Southampton.
7.00 **Paul McGrath: PFA Winner**
7.15 **Les Ferdinand: PFA Winner**
7.30 **My Origin Story: Matthijs De Ligt** A look at the rise of the Manchester United defender.
7.45 **My Origin Story: Unai Emery**
8.00 **Chasing the Dream**
10.00 **Class of '92: Full Time**
1.00 AM **PL Retro** Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM (BST) **EFL Highlights**
11.00 **SPFL Highlights**
11.15 **EFL Highlights**
1.15 PM **SPFL Highlights**
1.30 LIVE **WSL Leicester City v Tottenham Hotspur.** Coverage of the match from King Power Stadium. Kick-off **2.00pm**.
4.00 LIVE **WSL Chelsea v West Ham United.** Coverage of the match from Kingsmeadow, as the hosts look for another important three points in their quest for this year's title. Kick-off **4.30pm**.
7.00 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
7.15 **EFL Highlights** Championship.
8.30 **SPFL Highlights**
8.45 **EFL Highlights**
10.00 **SPFL Highlights**
10.15 **EFL Highlights** Championship.
11.00 **WSL** Recent highlights.
12.00 M'T **EFL Cup Retro**
2.00 AM **Jimmy Glass: The Great Escape**
2.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **Best Scottish Premiership Goals 2022/23**
5.30 **to 6.00** AM **Best Scottish Premiership Goals 2023/24**

Sky Sports Cricket

404 514 504 422 442

6.00 AM (BST) **IPL**
10.50 LIVE **Indian Premier League Delhi Capitals v Sunrisers Hyderabad.** Coverage of the T20 match from ACA-VDCA Cricket Stadium, Visakhapatnam.
3.00 PM LIVE **Indian Premier League Rajasthan Royals v Chennai Super Kings.** Coverage of the T20 match from Barsapara Cricket Stadium. These two sides met just the once last season in a relatively low-scoring affair that saw the visitors come away with a five-wicket victory. The Royals could only make 141-5 in their innings, with Riyan Parag top-scoring with 47 from 35 balls. Ruturaj Gaikwad led the way for Chennai as he finished 42 not out from 41 balls to help reach the target with 10 balls to spare.
7.00 **Ashes Greats** Archive action.
7.30 **Best of ICC WT20**
8.00 **IPL** Recent highlights from India.
1.00 AM **IPL** Another chance to see Gujarat Titans v Mumbai Indians.
5.10 **Ashes Greats** Action from 2001.
5.30 **ICC Women's World Cup 2013**
5.45 **to 6.00** AM **ICC Women's World Cup 2017**

Sky Sports Golf

405 515 505 423 443

6.00 AM (BST) **PGA Tour Champions**
7.30 LIVE **DP World Tour Golf** Coverage of the fourth day of the Hero Indian Open from Gurgaon.
12.30 PM **Tour Golf Highlights**
1.00 **TGL** Atlanta Drive v New York.
3.00 **PGA Tour Champions Learning Centre** Golf tips and life lessons.
3.30 **Tour Golf Highlights**
4.00 LIVE **PGA Tour Golf** Coverage of the fourth day of the Texas Children's Houston Open from Memorial Park Golf Course.
11.00 LIVE **LPGA Tour Golf** Day four of the Ford Championship staged at Whirlwind Golf Club in Arizona.
2.00 AM **Ladies European Tour Golf**
3.00 **DP World Tour Golf**
4.00 **PGA Tour Champions**
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

407 537 520 425 445

6.00 AM (BST) **WTA & ATP Tennis**
12.00 NOON **ATP Tour This Week**
12.30 PM **WTA & ATP Tennis**
5.30 LIVE **WTA & ATP Tennis** Coverage of the Miami Open women's doubles final in Florida.
7.30 LIVE **ATP Tennis** Coverage of the Miami Open men's final from Miami Gardens in Florida.
10.00 **WTA Tennis** Miami Open final.
11.00 **ATP Tennis** Indian Wells Open.
12.00 M'T **ATP Tennis** Recent finals.
3.00 AM **Bitesize Tennis**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 870 521 408 430

8.00 AM (BST) LIVE **AFL West Coast Eagles v Fremantle Dockers.** Bounce-up **8.10am**.
11.00 LIVE **Cycling** Coverage of stage seven of the Tour of Catalunya.
12.15 PM **PL: Big Interview**
12.45 **Champions League Magazine**
1.15 **TNT Sports Cricket Reload**
1.30 **Premiership Rugby Union**
2.30 LIVE **Gallagher Premiership Rugby Union Leicester Tigers v Saracens.** Coverage of the match staged at Mattioli Woods Welford Road. Kick-off **3.00pm**.
5.15 **The Rugby Review**
6.00 **MLB Highlights**
7.00 **Premier League Preview**
7.30 LIVE **Serie A Napoli v AC Milan.** Coverage of the Italian top-flight match. Kick-off **7.45pm**.
9.45 **UEFA Champions League**
10.00 **Premiership Rugby Union**
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB San Diego Padres v Atlanta Braves.** The National League match from Petco Park. Start-time **12.10am**.
3.15 AM **TNT Sports Reload**
3.30 **SailGP Highlights**
4.30 **Fishing: On the Bank**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 871 522 409 431

6.00 AM (BST) LIVE **HSBC SVNS** The first session on day three of the fifth round of the season at Kai Tak Sports Park in Hong Kong.
9.45 **TNT Sports Reload**
10.00 LIVE **HSBC SVNS** Further coverage from Kai Tak Sports Park.
12.15 PM LIVE **Freestyle Skiing** Coverage of the men's halfpipe finals in Engadin, Switzerland.
1.15 **TNT Sports Reload**
1.30 LIVE **Freestyle Skiing** Coverage of the men's and women's aerials finals in Engadin.
3.30 LIVE **MotoGP** The Grand Prix of the Americas MotoGP warm-up.
4.00 LIVE **MotoGP** The Grand Prix of the Americas Moto3 race in Texas.
6.00 LIVE **MotoGP** The Grand Prix of the Americas Moto2 race in Texas.
7.15 LIVE **MotoGP** The Grand Prix of the Americas MotoGP race, the third round of the season staged at Circuit of the Americas in Austin, Texas. Start-time **8.00pm**.
9.15 **MotoGP Chequered Flag**
10.15 **Superbike World Championship**
11.00 **UFC** Moreno v Erceg.
2.00 AM **Serie A** Napoli v AC Milan.
3.00 **Isuzu UTE A-League**
5.00 **to 6.00** AM **MLB Highlights**

Sky Sports Action

408 517 507 426 446

6.00 AM (BST) **Super League Highlights** Top-flight action.
7.00 **Fight Night** Jonas v Price.
8.00 **Super League Highlights**
8.15 LIVE **NRL Wests Tigers v New Zealand Warriors.** Coverage of the match from the fourth round of fixtures at Campbelltown Sports Stadium. Kick-off **8.15am**.
10.15 **Super League Highlights**
11.00 **Fight Night International**
12.00 NOON **Super League Highlights** Recent action.
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
4.15 **Women's Super League**
4.30 **Fight Night International**
5.30 **Top Rank Boxing Archive**
7.00 **Super League Highlights**
8.00 **The Rugby Championship** Argentina v South Africa in 2024.
10.00 **Fight Night International** Mikaela Mayer v Sandy Ryan.
11.00 **Fight Night** Another chance to see Natasha Jonas v Lauren Price.
12.00 M'T **NRL** The 2024 Grand Final.
2.00 AM **The Rugby Championship**
3.00 **Fight Night** Jonas v Price.
4.00 **Super League Highlights**
5.00 **to 6.00** AM **Fight Night**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM (BST) **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Sky Sports News**
12.00 NOON **Sports Sunday**
2.00 PM **Bundesliga Legends**
2.20 LIVE **Bundesliga SC Freiburg v FC Union Berlin.** Coverage of the German top-flight match at Europa-Park Stadion. These teams are involved at opposite ends of the table, and a repeat of the 0-0 draw in the reverse fixture last November would do little to aid either side. Kick-off **2.30pm**.
4.30 LIVE **Bundesliga Borussia Dortmund v FSV Mainz 05.** Coverage of the German top-flight match at Signal Iduna Park. The hosts have endured a disappointing campaign and appear to have little left to play for, whereas Mainz have been one of the season's surprise packages and are challenging for a place in the top four. Kick-off **4.30pm**.
6.30 **Sky Sports News**
11.00 LIVE **NCAA Basketball** The Elite Eight matches in the South and Midwest regional sections of the college basketball tournament.
3.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM (BST) **My Icon**
6.15 **Top Rank Boxing Archive**
7.30 **My Icon** Rachel Yankey.
7.45 **Fight Night International**
8.45 **My Icon** Rachel Yankey.
9.00 **Super League Highlights**
9.15 **My Icon** Rachel Yankey.
9.30 **Top Rank Boxing Archive**
10.45 **My Icon** Rachel Yankey.
11.00 **Fight Night** Jonas v Price.
12.00 NOON **Fight Night International**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night** Jonas v Price.
5.30 **Fight Night International**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International**
10.00 **The Rugby Championship**
12.00 M'T **Top Rank Boxing Archive**
2.15 AM **My Icon** Pam Cookey.
2.30 **Fight Night International**
3.30 **Top Rank Boxing Archive**
4.45 **Fight Night International**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

7.00 AM (BST) LIVE **Isuzu UTE A-League Brisbane Roar v Auckland FC.** From Suncorp Stadium. Kick-off is at **7.00am**.
9.00 **Premier League: Big Interview**
9.30 **MotoGP** Recent highlights.
10.00 **Superbike World Championship**
10.30 LIVE **Superbike World Championship** From Portugal.
11.30 **TNT Sports Reload**
12.00 NOON LIVE **Superbike World Championship** From Portugal.
4.15 PM LIVE **Curling World Championship Scotland v Japan.** Coverage of the round-robin match from Mosaic Place.
7.00 **Cycling** Tour of Catalunya.
8.00 **NBA on Fire** The latest news.
8.30 LIVE **NBA Cleveland Cavaliers v Los Angeles Clippers.** Coverage of the inter-conference match. Tip-off is at **8.30pm**.
11.00 **Cycling** Recent highlights.
3.00 AM **V8 Supercars Highlights**
5.00 **to 6.00** AM **WRC Review**

TNT Sports 4

414 876 524 411 434

6.00 AM (BST) LIVE **A-League Women Newcastle Jets v Western United.** Coverage from No. 2 Sportsground in Newcastle, Australia. Kick-off **6.00am**.
8.00 **TNT Sports Cricket Reload**
8.15 LIVE **Ski Jumping** In Planica.
10.30 LIVE **Freestyle Skiing** Coverage of the women's halfpipe finals from Engadin, Switzerland.
11.15 LIVE **Cycling** Coverage of stage seven of the Tour of Catalunya.
1.15 PM LIVE **Cycling** The Gent Wevelgem races in Belgium.
5.15 **Winter Sports** Highlights.
6.45 **TNT Sports Reload**
7.00 LIVE **MLB Kansas City Royals v Cleveland Guardians.** Coverage of the American League match. Start-time **7.10pm**.
10.15 **AFL** Two match replays.
2.15 AM **Premiership Rugby Union**
3.15 **Sport in Focus** Sam Warburton.
3.30 **Winter Sports** Highlights.
5.00 **to 6.00** AM **Champions League**

Premier Sports 1

419 551

6.00 AM **Top 14 Rugby Union** A chance to see Toulouse v Pau.
8.00 A replay of Bayonne v Lyon.
10.00 Castres v Toulon.
12.00 NOON **LaLiga** Another chance to see Espanyol v Atletico Madrid.
2.00 PM LIVE **SPFL Ross County v Dundee United.** The Scottish Premiership match from Global Energy Stadium. Kick-off **2.30pm**.
5.00 **NHL on the Fly** The latest news.
6.00 **NASCAR Highlights**
7.00 LIVE **NASCAR** Coverage of the Cook Out 400, the latest round of the season staged at Martinsville Speedway in Martinsville, Virginia.
12.00 M'T **Sporting Countdowns**
12.30 AM **NHL: This is Hockey**
1.00 LIVE **NHL Ice Hockey Anaheim Ducks v Toronto Maple Leafs.** Coverage of the inter-conference match from Honda Centre. Face-off **1.00am**.
4.00 **Sporting Greats**
5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

6.00 AM (BST) **NASCAR Xfinity Series** Martinsville Speedway.
9.00 **GP Confidential**
9.30 **Football's Greatest**
10.00 **LaLiga** Alaves v Rayo Vallecano.
12.00 NOON LIVE **LaLiga Getafe v Villarreal.** Coverage of the Spanish top-flight game at Estadio Coliseum. Kick-off **1.00pm**.
3.00 LIVE **LaLiga Barcelona v Girona.** The Spanish top-flight match from Estadi Olimpic Lluís Companys. Kick-off **3.15pm**.
5.15 LIVE **LaLiga Valencia v Mallorca.** Coverage of the Spanish top-flight match from Mestalla. Kick-off **5.30pm**.
7.30 LIVE **LaLiga Real Betis v Sevilla.** The Spanish top-flight match staged at Estadio Benito Villamarin. Kick-off **8.00pm**.
11.30 **NHL Ice Hockey**
3.30 AM **Bike World** Magazine.
4.00 **to 6.00** AM **Top 14 Rugby Union** Racing 92 v Bordeaux.

Sky Sports F1

406 516 506 424 444

6.00 AM (BST) **F1 Academy: Weekend Wrapped**
6.30 **Formula 1** Chinese Grand Prix.
9.30 **Ted's Notebook**
10.00 **Formula 1** Chinese Grand Prix.
12.15 PM **F1 Features**
12.50 LIVE **Ferrari Challenge** Coverage from Monza, Italy.
1.50 **72 Hours with Jack Doohan**
2.05 LIVE **Ferrari Challenge** Further coverage from Monza.
3.05 **F1 Explained: Weather Radar**
3.10 **Formula 1** Season highlights.
3.20 LIVE **Ferrari Challenge** Continued coverage from Monza.
4.20 **Formula 1** Season highlights.
4.30 **Ferrari Challenge Europe**
7.30 **Formula 1** Chinese Grand Prix.
9.45 **Ted's Notebook**
10.15 **Formula 1** Season highlights.
10.25 **F1 Explained: Banking**
10.30 **Ferrari Challenge Europe**
12.30 AM **Formula 1** Recent action.
2.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Monday

31 March

Evening Planner

Monday

Factual

Ready Meals: What They Really Mean for You
BBC1, 9pm (times vary)
How the industry has to change if Britain is to achieve net zero carbon emissions.

Comedy Drama

The White Lotus
Sky Atlantic, 9pm
As the drama continues, tensions are increasing between the guests. Can the resort staff help wave the troubles away?

Documentary

Twitter: Breaking the Bird
BBC2, 9pm
Looking at the creation of the social media app, featuring interviews with its co-founders, including Biz Stone (above).

OnDemand

NETFLIX

Gone Girls: The Long Island Serial Killer
Available today
The ongoing hunt for a killer targeting sex workers on Long Island in NY.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Garden... †	9.00 Ready Meals: What They Really... †		10.00 News; Local News	
	102 BBC2	7.00 Britain's Toxic...	7.30 Mastermind	8.00 Chess Masters...	8.30 University...	9.00 Twitter: Breaking the Bird		10.15 Shé	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Protection		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Air Fryer Meals		9.00 Tempting Fortune		10.00 Gogglebox	
	105 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Police: Suspect No 1		10.00 The Crossbow Murders: The Killings...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Film: The Hobbit: An Unexpected Journey					
ENTERTAINMENT	115 BBC3	7.00 Top Gear				9.00 Film: The Martian			
	116 BBC4	7.00 Frozen Planet II		8.00 Britain's Lost Masterpieces		9.00 Treasures of Ancient Greece		10.00 The Brits Who Designed the Modern...	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Abandoned Railways from Above		9.00 Castle Secrets		10.00 Hunting Nazi Treasure	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Made in Chelsea: Maldives		10.05 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus		10.15 Small Town, Big Story	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly		10.10 The Fast Show	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Alan Davies: As Yet Untitled	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	◂ 6.45 Snooker: Tour Championship – Live: Coverage of the evening session on day one						10.00 Film: Killer Elite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray Live – Barrel of Fun		10.00 Friends	10.35 Utopia
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own: The Rally		9.00 Poker Face		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Romantic Paradise			9.50 André Rieu: At Schonbrunn, Vienna		
	132 U&W	7.00 DIY SOS: Children in Need Special		8.00 Cops on the Rock		9.00 Brit Cops Down Under		10.00 Ambulance Australia	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Mega Shippers		10.00 Alaska Mega Machines	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Expedition Bigfoot				10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Air Crash Investigation		10.00 To Catch a Smuggler: Tropical...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Pawn Stars		9.00 Ramses the Great: King of Ancient...		10.00 Secrets in the Ice	
	155 U&YESTERDAY	7.00 Our Guy in Russia		8.00 Masters of Reinvention		9.00 Retro Electro Workshop		10.00 Bangers & Cash	
	121 SKY DOCS	◂ 6.55 Shaq		8.00 Edge of the Earth		9.00 David Fuller: Monster in the Morgue			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 Sneaks		8.00 It Ends with Us					10.20 I'll Be Right There
	302 BOOKS TO SCREEN	◂ 5.30 The Da Vinci Code		8.00 Crazy Rich Asians				10.00 Fear and Loathing in Las Vegas	
	303 HITS	◂ 6.00 Madame Web		8.00 A Quiet Place			9.45 A Quiet Place: Day One		
	304 GREATS	◂ 6.30 Ace Ventura Pet Detective		8.00 Beverly Hills Cop			9.50 The Naked Gun		
	305 ANIMATION		7.10 Rango			9.05 Riverdance: The Animated Adventure			
	306 FAMILY	◂ 6.00 The Hobbit: The Desolation of Smaug			8.45 The Hobbit: The Battle of the Five Armies				
	307 ACTION	◂ 5.50 Mad Max: Fury Road		8.00 Fast & Furious 7					10.25 The Legend of...
	308 COMEDY	◂ 6.20 The Accidental Husband		8.00 Mamma Mia! Here We Go Again			9.55 Relax, I'm from the Future		
	309 GANGSTERS	◂ 6.15 Once Upon a Time in Mexico		8.00 Bad Boys II					10.30 True Romance
	310 DRAMA	◂ 5.55 Life Itself		8.00 May December				10.05 The Shamrock Spitfire	
	311 SCI-FI	◂ 5.40 Star Trek Into Darkness		8.00 Blade Runner				10.00 Annabelle: Creation	
	313 FILM4	◂ 6.40 A Good Year				9.00 Mission: Impossible – Rogue Nation			
SPORT	401 MAIN EVENT	7.00 Tennis – Live: Coverage from the WTA and/or ATP Tours							
	402 PREMIER LEAGUE	7.00 Transfer 360		8.00 Gary Neville's Soccerbox		9.00 Transfer 360		10.00 PL Icons	
	403 FOOTBALL	◂ 5.00 Baller League – Live: Coverage from the second round of the UK-based version of the six-a-side football league							
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	◂ 6.30 Superbike...	7.30 Serie A – Live: Lazio v Torino (Kick-off 7.45)					10.00 NBA on Fire	10.30 NBA
	411 TNT SPORTS 2	◂ 6.00 Ultimate Pool – Live: Coverage from Group 13 of the Champions League					9.30 UFC		

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Monday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.50 **Eid Live** (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition A British rookie cop tackles crime during her first day on duty. (S)
2.30 **Clive Myrie's Caribbean Adventure** (S)(R)(AD)
3.00 **Escape to the Country** New edition From Somerset. (S)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(SL)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Election Broadcast** (S)

2.00 Policing Paradise

7 PM

7.00 **The One Show** Alex Jones and Alex Scott present the topical show. (S)
7.30 **EastEnders** Sharon attempts to support a loved one, and Lauren gives Peter an ultimatum. (S)(AD)

8 PM

8.00 **Panorama** New edition In-depth current affairs report. (S)
8.30 **Garden Rescue** Charlie Dimmock and Chris Hull tackle a cluttered garden in Yateley, Hampshire. (S)(R)

9 PM

9.00 NEW **Ready Meals: What They Really Mean For You** Documentary taking a look behind the scenes of the ready meal industry to discover what new technology is being used in their production and the price consumers will pay. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW **Celebrity Eid** Jason Mohammad is joined by celebrities, sport stars, interfaith leaders, chefs and Bradford residents at Bradford's City Park, to discuss what Eid al Fitr means to them. (S)
11.25 **Rose Ayling-Ellis: Old Hands, New Tricks** 1/2. The actor attempts to teach residents at Hughenden Gardens Retirement Village British Sign Language in just six weeks to see if it can improve their quality of life, deepen connections and combat the isolation that often comes with hearing loss. (S)(R)(AD)
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.15 AM **Homes Under the Hammer** (R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Incredible Medicine: Dr Weston's Casebook** (S)(R)(AD)
4.00 **Beechgrove Repotted** (S)(R)
4.15 **Sea Cities** From Plymouth. (S)(R)
5.15 **Flog It!** From Hull. (S)(R)
6.00 **Richard Osman's House of Games** Scarlette Douglas, Max George, Susie McCabe and Olly Smith test their trivia skills. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 16/20. Michael Portillo travels across north-west France. (S)

8.00 Chess Masters: The Endgame

7.00 NEW **Britain's Toxic Secret** A report on the problem of contaminated land. (S)
7.30 **Mastermind** New edition Specialist subjects include *Blackadder* and Gregory Peck. (S)

8.00 **Chess Masters: The Endgame** New edition 4/8. In the second heat, six new players face a game of speed chess. (S)
8.30 **University Challenge** New edition Amol Rajan hosts another quarter-final. (S)

9.00 NEW **Twitter: Breaking the Bird** Charting the story of the social media platform, now known as X after its sale to Elon Musk in 2022, created by its founders as a digital utopia where all voices would be heard. (S)(AD)

10.15 NEW **Shé** Short drama. When pressures mount on a violinist in a London youth orchestra, her internal monsters take external form. Stars Xiaonan Wang. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Surgeons: At the Edge of Life** 5/6. Consultant neurosurgeon Imran Liaquat joins forces with fellow consultant Drahoslav Sokol to operate on 25-year-old Weronika, who has a recurring brain tumour. (S)(R)(AD)
12.05 AM **Sign Zone: Countryfile** (S)(R)
1.05 **Sign Zone: Gladiators** 9/11. The opening semi-final. (S)(R)(AD)
2.05 **Sign Zone: Waterloo Road** (S)(R)
3.05 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Alan Titchmarsh's Gardening Club** New edition Huw Richards shares practical eco-gardening techniques, and Jason Williams visits a unique indoor garden in Liverpool. (S)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.25 **Party Election Broadcast** By the Labour Party. (S)
6.30 **ITV News** (S)

9.00 Protection

7.30 **Emmerdale** Marlon tries but fails, Nicola sets out on a campaign to win a prize, while Kim orchestrates Dawn and Billy to spend time alone. (S)(AD)

8.00 **Coronation Street** Dee-Dee suffers a harrowing experience in hospital, Daisy's mum turns up at the Rovers, and Ronnie finds a confused Debbie in the ginnel. (S)(AD)

9.00 **Protection** Series finale *Conspiracy:* 6/6. As deadly forces close in, Liz tries to put together the final pieces of the conspiracy and understand the true nature of her relationship with Brandice. (S1) (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Accused of Murdering Our Son: The Steven Clark Story** Mark Williams-Thomas looks into the case of Steven Clark, who disappeared in mysterious circumstances in 1992. (S)(R)
11.40 **Heathrow: Britain's Busiest Airport** Terminal 3 re-opens its doors to the public 15 months into the global pandemic. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **The Undercover Police Scandal: Love and Lies Exposed** 3/3. The women unite to take legal action. (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Judi Love's Culinary Cruise** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 15-18/22. (S7) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/24. (S2) (S)(R)(AD)
11.10 **Celebrity Undercover Boss USA** Singer Seal goes undercover in the music industry. (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** Victoria and Stephen have parking issues at their vegan retreat. (S)(R)
5.00 NEW SERIES **Chateau DIY** Following Donna and Paul, who are restoring a dilapidated five-storey Normandy water mill. (S)(AD)
6.00 **A Place in the Sun: What Happened Next?** Revisiting house-hunters in France and Spain. (S)(R)

5.00 Chateau DIY

7.00 **News** (S)

8.00 **Jamie's Air Fryer Meals** 1/2. Jamie Oliver showcases recipes designed for air fryers, beginning by transforming frozen fish and tinned beans into a special meal for two. Plus, the chef knocks up some quick savoury scones. (S)(R)(AD)

9.00 **Tempting Fortune** New edition 6/8. The fortune-seekers encounter the ultimate temptation – an ATM giving them the chance to secretly withdraw up to £4,000 from the shared prize fund. (S)(AD)

10.00 **Gogglebox** The armchair critics share their opinions on what they have been watching on TV, with cameras capturing their instant reactions and lively discussions. (S)(R)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **The Nevermets** (S)(SL)(R)(AD)
1.05 **Gypsy Rose: Life After Lock Up** 3/8. Documentary. (S)(R)(AD)
1.50 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
2.35 **Remarkable Places to Eat** (S)(R)
3.35 **Sunday Brunch Best Bits** (S)(R)
3.40 **Hollyoaks Omnibus** (S)(SL)(R)
4.50 **Kirstie and Phil's Love It or List It** From Chippenham. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)
2.15 **FILM Stolen by Their Father** Thriller starring Sarah Drew. (S) (2022, PG, 105min) ★★
4.00 **NEW SERIES The Cruise: Fun-Loving Brits at Sea** 1/10. Engineer Ross is called on to fix a faulty pump that threatens to damage the ship's electrics. (S)
5.00 **News** (S)
6.00 **Eggheads** Leicester-based 20 Somethings Book Club take on the quiz experts. (S)(R) **6.25** Once Upon a Team in the West try their luck. (S)(R)
6.55 **News** (S)

8.00 Traffic Cops

7.00 Police Interceptors Dan Machin and Jim Campin track down a suspected drunk driver, who runs at Jim with a knife and Dan is forced to use his Taser. (S)(R)

7.55 News (S)

8.00 Traffic Cops New edition Officers in Chesterfield pursue a possible cloned vehicle, while police on the M1 pull over a driver who turns out to be disqualified and without insurance. (S)

9.00 Police: Suspect No 1 New edition 4/5. Detectives from Humberside Police interview four men suspected of attacking a man on his doorstep in what appears to be a premeditated assault. (S)

10.00 The Crossbow Murders: The Killings That Shocked Britain A look at the crimes of 26-year-old ex-soldier Kyle Clifford, who was sentenced to life in prison after being arrested and charged with the murders of Carol, Louise and Hannah Hunt. (S)(R)

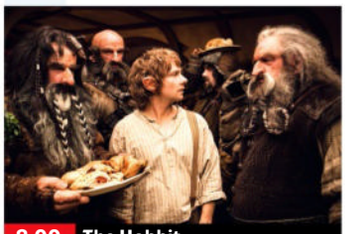
11.15 **999: Emergency Call Out** (R)
12.15 AM **Police Interceptors** (S)(R)
1.10 **PlayOJO Live Casino Show** (S)
3.10 **Friends** 13&14/24. (S2) (S)(R)
4.00 **Britain by Bicycle with Larry & George Lamb** (S)(R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **House Busters** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 12/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Iron Marge:* Bart and Lisa delve into Marge's past to show they know her. (S)(R) **5.30** *Thirst Trap – A Corporate Love Story:* A young college dropout persuades Mr Burns to fund her project. (S)(R)
6.00 **The Office (US)** 6/22. Michael is embarrassed when Dwight punches him at work. (S)(R) **6.30** 7/22. Michael and Jan grow closer as they try to woo a potential new client. (S2) (S)(R)



8.00 The Hobbit

7.00 The Simpsons *Ae Bonny Romance:* Willie is kidnapped and taken back to Scotland. (S)(R) **7.30** *Murder, She Boat:* Lisa must solve the 'murder' of a million-dollar action figure on a pop culture cruise. (S)(R)

8.00 FILM The Hobbit: An Unexpected Journey Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. When the wizard Gandalf drafts home-loving hobbit Bilbo Baggins into a company of dwarves seeking to reclaim their lost kingdom from a fearsome dragon, Bilbo finds himself pitched into a perilous quest. Among the dangers he faces are trolls, goblins, orcs and, scariest of all, the slimy treacherous Gollum. With Richard Armitage and Andy Serkis. (S) (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Rob Beckett's Smart TV** With guests Tom Allen, Kola Bokinni, Alex Jones and Steve Pemberton. (S)(R)(AD)
11.45 **Last Week Tonight with John Oliver** Satirical talk show. (R)
12.30 AM **Veep** (S6) (S)(R)(AD)
1.40 **Road Wars** (S)(R)
3.05 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 12/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
8.30pm Scotland's Greatest Escape (S)(R) **9.00-10.00** Disclosure: One More Fix New edition (S) **11.25** Ready Meals: What They Really Mean For You New edition (S)(AD) **12.25am** Sportscene: SWPL Highlights (S)(R) **12.55** Scotcast (S)(R) **1.25** Weather for the Week Ahead (S) **1.30-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Anna Haugh's Big Irish Food Tour New edition (S) **8.30-9.00** Panorama New edition (S) **10.40 NEW SERIES** Kinahan: The True Story of Ireland's Mafia (S) **11.40pm-12.25am NEW** Celebrity Eid (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.30-9.00pm Iolo's Valleys (S)(R) **10.40** Scrum V Highlights (S) **11.10 NEW** Celebrity Eid (S) **11.55** Rose Ayling-Ellis: Old Hands, New Tricks (S)(R)(AD) **12.55-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00-7.30pm The Long and the Short of It (S)(R) **11.05** Ceolta New edition (S) **11.35pm-12.05am** Villages by the Sea (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sgwrs Dan y Lloer **12.30** Heno **1.00** Ty am Ddim **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Castell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Tyrchwyr gyda Iolo Williams (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00 NEW** Byd Eithafol: Neo-Nazis yn Ein Plith **8.55** Newyddion a'r Tywydd **9.00** Cefn Gwlad (AD) **9.30** Sgorio **10.00** Gwesty Aduniad **11.00-11.35pm** Codi Hwyl America

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy Clarkson, Richard Hammond and James May employ second-hand military equipment to knock down a row of derelict houses.
7.55 **The Catch Up**
8.00 **Top Gear** Richard Hammond meets a rally team made up of amputees.
9.00 **FILM The Martian** Ridley Scott's sci-fi drama based on Andy Weir's novel, starring Matt Damon and Jessica Chastain. An astronaut left stranded on Mars has to find a way to survive for years on meagre resources. (2015, 12, 144min) ★★★★
11.15 **NEW SERIES The Tooney and Russo Show** 1&2/12. Ella Toone and Alessia Russo let Vick Hope in on their lives on and off the pitch.
12.20 AM **Paranormal: Britain's Last Witch** Double bill.
1.20 **Top Gear** As 7.00pm.
2.20 **The Big Proud Party Agency** Double bill.
3.20 **to 3.50** AM **Paranormal: Britain's Last Witch**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Frozen Planet II** A look at the wildlife of the Arctic Ocean, including polar bears.
8.00 **Britain's Lost Masterpieces** An investigation into an 18th-century painting at the Derby Museum.
9.00 **Treasures of Ancient Greece** 1/3. Alastair Sooke explores the riches and unique legacy of Greek art.
10.00 **The Brits Who Designed the Modern World** Brenda Emmanus profiles 10 of the most celebrated living British designers.
11.00 **Sir Terence Conran on Culture** A 2011 interview.
11.05 **Design Classics: The London Underground Map**
11.30 **Design Classics: The Sony Walkman**
12.00 M'T **Britain's Lost Masterpieces** As 8.00pm.
1.00 AM **Treasures of Ancient Greece** As 9.00pm.
2.00 **The Brits Who Designed the Modern World**
3.00 **to 4.00** AM **Frozen Planet II**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.30 **A New Life in the Sun**
11.30 **Narrow Escapes**
1.35 PM **Come Dine with Me** Five editions of the culinary contest from Birmingham.
4.15 **Four in a Bed** Five editions of the B&B challenge.
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw travel to Kent to restore a very tired 1991 VW T4 Campervan belonging to a man who has recently developed cancer of the brain.
7.55 **Abandoned Railways from Above** Following the route of an abandoned line that connected the great university cities of Oxford and Cambridge, and became Britain's secret weapon during World War Two.
9.00 **Castle Secrets** New edition The fortress that lay at the centre of one of the bloodiest witch-hunts in history. Plus, a place of blessing for Joan of Arc and a stronghold that passed between powerful empires.
10.00 **Hunting Nazi Treasure** 1/8. Following experts as they attempt to track down art looted from across Europe under Hitler's orders.
11.05 **24 Hours in A&E**
1.15 AM **Emergency Helicopter Medics**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** A turn of events unites a father and son.
7.30 **Married at First Sight Australia** New edition It's the third Commitment Ceremony for the original pairs, but the first for the three new couples.
9.00 **NEW SERIES Made in Chelsea: Maldives** Jazz is shocked to find out that, despite his declarations of love, Jack has moved on.
10.05 **First Dates** Fiftysomething divorcees Shirlie and Dave get up close and personal.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
1.15 **Married at First Sight Australia** As 7.30pm.
2.40 **Made in Chelsea: Maldives**
3.40 **Abbott Elementary**
4.05 **Modern Family**
4.30 **The Goldbergs**
5.20 **to 6.00** AM **The Neighborhood**

+1 hour | 235/236 | 306 | 30 | 123

Monday primetime

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 11/16. (S5)
12.00 NOON **The Good Doctor** (S3)
1.00 PM **The Rookie** 5/14. Officer Nolan is taken hostage by a man with nothing to lose. (S3)
2.00 **Chicago Fire** 3/13. Herrmann relies on a new aid. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

8.00 FBI: Most Wanted

7 PM
7.00 **Nothing to Declare** A musician claims to have special powers. **7.30** A father and son from China are questioned.

8 PM
8.00 **FBI: Most Wanted** *Hustler:* 14/15. The team protect Ortiz's former informant after she is targeted by a hitman. (S2)

9 PM
9.00 **Blue Bloods** *The Reagan Way:* 12/20. Eddie tries to get justice for a sexual assault survivor. (S12)

10 PM
10.00 **Law & Order: Special Victims Unit** *Debatable:* 20/22. A student after she is assaulted on a field trip. (S24)
11.00 **The Rookie** 8/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 22/22. (S2)
1.00 AM **FBI: Most Wanted** (S3)
2.00 **Matlock** New episode (S1)
3.00 **Law & Order: SVU** (S24)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **The Guest Wing**
8.10 **True Blood** 6&7/10. (S6)
10.20 **Six Feet Under** 11&12/12. (S3)
12.25 PM **Game of Thrones** (S7)
1.30 **Westworld** 2&3/8. (S4)
3.35 **True Blood** 6/10. Bill seeks out Lillith for advice on handling the escalating human-vampire crisis. **4.40** 7/10. Eric makes a final attempt to save Nora. (S6)
5.45 **Six Feet Under** 11/13. Ruth cries on a stranger's shoulder. **6.50** 12/13. Claire decides to have an abortion. (S3)

9.00 The White Lotus

7.55 **Game of Thrones** *Dragonstone:* 1/7. Jon organises the North's defences, Cersei tries to even the odds, and the Night King makes his way south. (S7)

9.00 **The White Lotus** New episode *Killer Instincts:* 7/8. Comedy drama set in a luxury resort in Thailand. (S3)

10.15 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy. (S1)
11.15 **Homicide: Life on the Street** 19/20. Officers investigate a teenager's shooting. (S3)
12.20 AM **The Last of Us** 8/9. (S1)
1.20 **Watchmen** 7/9. (S1)
2.30 **Game of Thrones** (S6&7)
4.50 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 20/20. (S8)
9.00 **Stargate SG-1** 15&16/22. (S4)
11.00 **Supergirl** 9/22. (S2)
12.00 NOON **The Flash** 1/13. (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 12/22. (S1)
5.00 **Supergirl** 8/22. CADMUS unleashes a virus that kills any alien in the vicinity. (S2)
6.00 **Stargate SG-1** 15/22. General Hammond makes the shock announcement he is stepping down from his post. (S4)

9.00 Poker Face

7.00 **Stargate SG-1** *2010:* 16/22. Carter uncovers the truth behind an alien race that gave Earth a cure for cancer. (S4)

8.00 **A League of Their Own: The Rally** 1/3. The gang make their way in pairs from London to Turin.

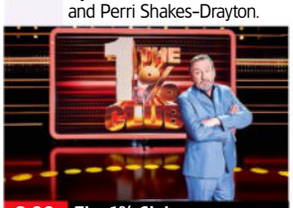
9.00 **Poker Face** *Exit Stage Death:* 6/10. Charlie's waitress job at a theatre is interrupted by a death on stage during a show. (S1)

10.00 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy. (S1)
11.00 **Rob Beckett's Smart TV** With Tom Allen, Kola Bokinni, Alex Jones, and Steve Pemberton.
11.45 **An Idiot Abroad 2** 2/8. Karl Pilkington boards the Trans-Siberian Express to China.
12.45 AM **Road Wars** Triple bill.
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 12/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.50 **Love Bites** Double bill.
11.55 **Dinner Date**
12.55 PM **Deal or No Deal**
2.00 **In with a Shout**
3.00 **Hart of Dixie** 1/22. Pilot of the comedy drama. (S1)
4.00 **Gilmore Girls** 1/22. Richard and his lawyer go to court over the yacht incident. (S6)
5.00 **Christmas Dinner Date**
6.00 **Celebrity Catchphrase** With Gyles Brandreth, Cliff Parisi and Perri Shakes-Drayton.


8.00 The 1% Club

7.00 **Deal or No Deal** Stephen Mulhern hosts as Leon takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **Hell's Kitchen** Series finale 16/16. The two finalists compete in one last dinner service with custom menus.

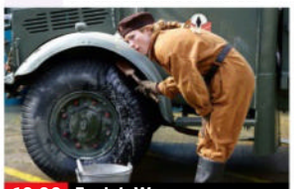
10.00 **Family Guy** 4/21. Brian dates an old woman. (S8) **10.35** 15/16. Peter is inspired by the writing of Stephen King. (S7)
11.05 **American Dad!** 5/20. Steve takes revenge on the popular girls at his school. (S4)
11.35 **American Dad!** 14/16. (S3)
12.05 AM **Bob's Burgers** (S7)
1.05 **Shopping with Keith Lemon**
2.05 **World's Funniest Videos**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *Manoeuvres.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.10 **Classic Coronation Street**
3.50 **Endeavour** As 12.00m't.
5.50 **Heartbeat** *In Sickness and in Health:* A kidnap case leaves Vernon's plans for Liz and Ben's wedding in chaos, while Helen's dreams of a fresh start are shattered.


10.00 Foyle's War

6.55 **Heartbeat** *In the Bleak Midwinter:* Festive special, guest starring veteran singer Alan Price as the leader of a jazz band.

8.00 **Midsomer Murders** *The Flying Club:* Barnaby and Nelson discover dark secrets in the world of stunt pilots and military heroes after an airfield owner is hit on the head and dropped to his death from a plane. Guest stars June Whitfield.

10.00 **Foyle's War** *Among the Few:* Sam and Foyle are shot at and almost run over by a speeding vehicle – and an undercover investigation reveals the detective's son Andrew to be involved.
12.00 M'T **Endeavour** *Home:* An Oxford professor is killed in a hit-and-run.
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Scotland's Sacred Islands with Ben Fogle**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **Scotland's Sacred Islands with Ben Fogle** Ben visits a tiny church in the Shetlands.
9.00 **Surgeons: At the Edge of Life** 5/6. Surgeons operate on a patient with recurring brain tumour.
10.00 **River City** New episode Lenny struggles to keep a lid on his paranoia.
10.30 **Scotland's Greatest Escape** New edition 4/5. Exploring the Scottish Borders.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Best of Chewin' the Fat**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S3)
9.15 **The Conners** (S2)
10.15 **Veep** 1&2/10. (S3)
11.25 **Ballers** 6&7/10. (S3)
12.35 PM **Curb Your Enthusiasm** (S6)
1.55 **Veep** 1&2/10. (S3)
3.05 **Ballers** 6&7/10. (S3)
4.25 **Crashing** 4&5/8. (S3)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S2)
7.40 **Curb Your Enthusiasm** 5/10. Larry becomes obsessed with a book about freaks. **8.20** 6/10. A toaster creates problems for Loretta and Leon. (S6)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver**
11.40 **Veep** 7&8/10. (S6)
1.00 AM **Jerrod Carmichael Reality Show**
2.20 **Crashing** 4&5/8. (S3)
3.45 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Gilbert and Sullivan: A Motley Pair**
6.30 **Classic Quadrophenia**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **Classic Movies**
12.00 NOON **Landscape Artist of the Year 2022**
1.00 PM **Tales of the Unexpected** Double bill.
2.00 **Hepworth**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Romantic Paradise**
9.50 **André Rieu: At Schonbrunn, Vienna**
12.55 AM **Charles Hazlewood: Beethoven & Me**
1.50 **Classic Movies**
2.45 **Urban Myths**
3.45 **Sky Arts Book Club**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare UK**
4.00 **Primeval** 2/7. (S2)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** *Pua a'e la ka uwahi o ka moe:* 7/25. McGarrett investigates a cold case that his grandfather worked on. (S9)
9.00 **SEAL Team** (S5)
11.00 **Britain's Most Evil Killers** The story of murderer Ben Field.
12.00 M'T **Grimm** 3/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives of Cheshire** New edition
10.00 **The Real Housewives of Orange County**
11.00 **Totally Unbelievable**
12.00 M'T **The Only Way Is Essexmas** Reality series.
1.00 **to 1.30** AM **Botched**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 5/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 10/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 12-15/25. (S5)
9.00 **Randall and Hopkirk (Deceased)** *The Ghost Talks:* 21/26. Marty regales Jeff with an account of an espionage case he investigated before his death. (S1)
10.00 **The Avengers** *Super Secret Cypher Snatch:* 3/33. Top secret files are leaked. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **Minder**
7.20 **The Sweeney**
8.25 **The Saint**
9.30 **Magnum, PI**
10.30 **Kojak**
11.40 **BattleBots** New edition The BattleBots VII World Championship gets under way.
12.45 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day one from Manchester Central.
4.30 **Minder**
5.35 **The Sweeney**

10.00 Killer Elite

6.45 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on the first day from Manchester Central, featuring two first-round matches. With analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, and commentary by David Hendon and Phil Yates.

10.00 **FILM Killer Elite** Action thriller starring Jason Statham. An ex-British mercenary is pitted against an elite team of assassins while trying to save his kidnapped partner. (2011, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **Two and a Half Men**
1.05 **BattleBots**
2.00 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 26/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/26. (S7)
2.00 **Warehouse 13** 2/6. (S5)
3.00 **Stargate SG-1** 14/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 26/26. Part one of two. Civil war threatens the Klingon empire. (S4)

9.00 Grimm

7.00 **Warehouse 13** *Secret Services:* 2/6. Artie tries to show Claudia the truth about her sister. (S5)

8.00 **Stargate SG-1** *The Shroud:* 14/20. The team members set out to learn the identity of a new prior of the Ori. (S10)

9.00 **Grimm** *Synchronicity:* 17/22. Adalind and her baby return to Portland – with Nick's mother as her bodyguard. (S3)

10.00 **The Walking Dead** *Them:* 10/16. Rick and his group continue to struggle with life on the road. (S5)
11.00 **Wynonna Earp** 3/13. Wynonna helps Agent Dolls trail three wayward revenants. **12.00** M'T 4/13. A blade-wielding apparition begins haunting Wynonna. (S1)
1.00 AM **True Blood** 11 & 12/12. Double bill of episodes. (S2)
3.10 **Monstrous** 6/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 14/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 14/20. A famous starlet is killed onstage during a preview performance. (S5)
6.00 **Father Brown** *The Maddest of All:* An ex-serviceman dies suddenly in the street.

8.00 White Collar

7.00 **The Mentalist** *The Red Tattoo:* 5/22. A man killed in a hotel room turns out to have been a member of the Visualize cult. (S6)

8.00 **White Collar** *Au Revoir:* 6/6. Neal comes up with a new plan that could benefit both himself and the Pink Panthers. (S6)

9.00 **Death in Paradise** *An Artistic Murder:* 3/8. Humphrey and the team investigate the shooting of Fidel's old friend. (S3)

10.00 **Father Brown** *The Requiem for the Dead:* The clerical sleuth investigates when a child killer is found murdered.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 2/24. Holmes tackles a top-secret equation linked to the murder of a mathematician. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Only Fools and Horses**
9.10 **Keeping Up Appearances**
9.50 **Still Open All Hours**
10.25 **Hi-de-Hi!**
11.00 **Only Fools and Horses**
11.40 **Last of the Summer Wine**
1.00 PM **Keeping Up Appearances**
1.40 **Still Open All Hours**
2.20 **Dad's Army**
3.00 **Only Fools and Horses**
3.40 **Hi-de-Hi!**
4.20 **Last of the Summer Wine**
5.40 **Keeping Up Appearances**
6.20 **Hi-de-Hi!**

7.40 Dad's Army

7.00 **Only Fools and Horses** The Trotters agree to dog-sit while Boycie and Marlene go on holiday.
7.40 **Dad's Army** Frazer is asked to look after the platoon's Lewis gun. **8.20** Mainwaring's men acquire a boat, planning to use it for coastal patrols.

9.00 **Men Behaving Badly** Gary looks for a flatmate – and along comes Tony. **9.35** Gary has his suspicions that new flatmate Tony may be gay.
10.10 **The Fast Show** Ron Manager encounters a female commentator.
10.45 **The Royle Family** Nana is in mourning for her friend Elsie, but her grief tries Jim's patience.
11.20 **The Royle Family**
12.40 AM **Men Behaving Badly**
1.50 **The Black Adder**
2.40 **The Cleaner**
3.10 **to 4.00** AM **The Fast Show**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **Total Wipeout: Freddie & Paddy Takeover**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers take a look at the French influence on British food.
6.00 **Rick Stein: From Venice to Istanbul** The chef explores the cuisine of northern Greece.

10.00 As Yet Untitled

7.00 **Would I Lie to You?** With Jo Brand, Emma Bunton, Jonnie Peacock and Shaun Williamson.
7.40 **Richard Osman's House of Games** With Kelvin Fletcher and Ian Moore. **8.20** With Amanda Lamb, Stephen Bailey, Crystelle Pereira and Nick Moran.

9.00 **QI XL** Matt Lucas, Jerry Springer and Cariad Lloyd join regular panellist Alan Davies and host Sandi Toksvig for the quiz show.

10.00 **Alan Davies: As Yet Untitled** With Al Murray, Fern Brady, Russell Kane and London Hughes.
11.00 **Taskmaster: Champion of Champions** Part two of two. Featuring the champions from the first five series.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** As 9.00pm.
2.50 **to 4.00** AM **Have I Got a Bit More News for You**

+1 hour 211/212 327 74

Monday

7 PM
8 PM
9 PM
10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** From Bristol.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** From London.
7.00 **A Place in the Sun**
7.45 **The Great Celebrity Bake Off for Stand Up to Cancer** With Kate Garraway, Phil Wang, Gbemisola Ikumelo and Sophie Willan.
9.00 **Celebrity Gogglebox**
10.00 **24 Hours in A&E**
11.00 **Super Surgeons: A Chance at Life**
12.05 AM **FILM The Guard** Dark comedy thriller with Brendan Gleeson. (2011, 15, 96min) ★★★★
2.10 **Tempting Fortune**
4.10 **to 4.45** AM **Travel Man: 48 Hours in Prague**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Beastmaster:* 22/24. A mounted police officer helps the team discover the truth about why a US Marine died in a national park. **7.00** *Something Blue:* 23/24. The team investigate the death of a healthy petty officer. **8.00** *Rendezvous:* 24/24. A Navy SEAL disappears in a remote part of Paraguay. (S14)
9.00 **NEW SERIES NCIS: Hawaii** *Prisoners' Dilemma:* 1/22. The team learn about plans for an attack in Oahu. (S2)
10.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Blue Bloods** (S6)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Nightmare Tenants, Slum Landlords**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** A three-year-old child has stopped breathing.
10.00 **A&E After Dark**
11.00 **Skin A&E** A lump on the back of a patient's head.
12.00 M'T **Adults Only: Escort Next Door**
1.00 AM **Autopsy**
2.00 **Accused: Guilty or Innocent?** Crime series.
2.45 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM **FILM Column South** Western starring Audie Murphy and Joan Evans. (1953, U, 85min) ★★
2.10 **FILM Hellfire** Western starring Bill Elliott. (1949, PG, 90min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **FILM RoboCop** Sci-fi thriller remake starring Joel Kinnaman and Gary Oldman. (2014, 12, 113min) ★★★
11.20 **HMP Whitemoor: Evil Behind Bars**
12.55 AM **Police Interceptors**
1.55 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: Veteran Street**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Children in Need Special** The team build a centre for a Children in Need-funded charity in south Wales.
8.00 **Cops on the Rock** The Drug Squad hunt for an illegal fuel stash hidden in the Rock of Gibraltar.
9.00 **Brit Cops Down Under**
10.00 **Ambulance Australia**
11.00 **Bradford on Duty**
12.20 AM **Inside the Ambulance**
12.50 **Million Dollar Wedding Planner**
1.50 **to 3.00** AM **Alex Jones: Making Babies Special**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.05 **Classic Doctors**
9.15 **Classic Holby City**
10.10 **Classic Casualty**
11.20 **The Bill**
12.20 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *As If Nothing Had Happened:* 4/4. An ex-finance boss is found murdered. (S4)
10.00 **New Tricks** *Bermondsey Boy:* An old friend asks Gerry to investigate the murder of his grandson.
11.20 **Bergerac**
12.30 AM **Taggart**
3.15 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dublin.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Charles Hanson and James Braxton compete in the Highlands. **8.00** James and Charles pick up antiques to sell at auction in Dundee.
9.00 **The Yorkshire Auction House** New edition A football fanatic wins big when he sells his Crystal Palace memorabilia.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Celebrity Help! My House Is Haunted**
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Items include a vintage Steiff teddy bear and a Georgian nutcracker.
7.00 **Tenable** Warwick Davis hosts as five family members play the game.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **The Avengers**
9.00 **FILM Santa Fe** Western. (1951, U, 87min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM McLintock!** Comedy Western. (1963, U, 127min) ★★★
3.45 **FILM The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
6.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM The Marine** Action thriller with John Cena and Robert Patrick. (2006, 15, 92min) ★★
11.00 **FILM The Shanghai Job** Action thriller with Leo Wu and Orlando Bloom. (2017, 15, 95min) ★★
1.00 AM **FILM Ape vs Monster** Adventure. (2021, 12, 88min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **FILM Global Meltdown** (2017, PG) ★
11.00 **Saving Lives at Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM A Killer in My Home** Thriller. (2020, 12, 90min) ★
3.10 **FILM White Hot: A Sandra Brown Mystery** Crime drama. (2016, PG, 90min) ★★
5.05 **FILM An Aurora Teagarden Mystery: The Disappearing Game** Drama. (2018, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM In the Line of Fire** Crime thriller. (1993, 15, 127min) ★★★★
11.50 **FILM House of Darkness** Thriller. (2022, 15, 95min) ★★
1.50 AM **FILM Exposed** Thriller. (2016, 15) ★★
4.00 **to 6.00** AM **FILM Deadly B&B** Thriller. (2018, 12, 90min) ★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Eat, Drink and Be Married** Drama. (2019, U, 90min) ★★
10.00 **FILM Recipe for Love** Romantic comedy. (2014, PG, 86min) ★★
12.05 PM **FILM Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
2.00 **FILM Baking Up Love** Drama. (2021, PG) ★★
4.10 **FILM A Slice of Chicago Romance** Drama. (2022, PG, 85min) ★★
6.05 **FILM Love Struck Cafe** Drama. (2017, PG) ★★
8.00 **FILM PREMIERE A Tail of Love** Romantic drama. (2022, U, 87min) ★★
10.00 **FILM An Hour Behind** Romantic comedy. (2017, PG, 90min) ★★
12.00 M'T **FILM Harvest Moon** Drama. (2015, PG) ★★
2.10 AM **Highway to Heaven**
3.10 **to 5.00** AM **FILM The Secret Sauce** Comedy. (2021, PG, 90min) ★★

+1hour 320 63

Rewind TV

182 92

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 4/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 25/36. (S1)
12.00 NOON **Shine on Harvey Moon** 2/9. (S3)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 9/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 4/9. (S4)
6.00 **Bewitched** 25/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Blue Thunder** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 22/26. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 10/13. (S1)
12.35 AM **Space 1999** (S1)
1.35 **That's My Dog**
2.00 **Monkey** 10/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** As the fishing season continues, so does the danger faced by the fleet. **8.00** The midpoint of the season looms.
9.00 **Survive the Raft** After a bad start, a new arrival throws fuel into the fire. **10.00** Reeling from a fight and an unexpected departure, the crew vow to stick together.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Four editions.
11.00 **Great British Bake Off**
12.30 PM **Mary Berry's Foolproof Cooking**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's Money Saving Meals** Four editions.
7.00 **Great British Bake Off**
8.30 **Mary Berry's Foolproof Cooking** Dishes that are perfect for a party.
9.00 **Michel Roux's French Country Cooking**
10.00 **Rick Stein's Taste of the Sea** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 4/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 4/19. (S5)
11.00 **Jules Verne's Mysterious Island**
2.40 PM **FILM Jules Verne's Rocket to the Moon** Sci-fi period comedy. (1967, U, 115min) ★★
5.00 **Star Trek** 24/26. (S2)
6.00 **T.J. Hooker** 5/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM 47 Ronin** Fantasy starring Keanu Reeves and Hiroyuki Sanada. (2011, 12, 119min) ★★
11.15 **FILM Sword of Vengeance** Adventure starring Stanley Weber. (2014, 15, 83min) ★★
1.00 AM **FILM The Humanity Bureau** Sci-fi thriller starring Nicolas Cage. (2017, 15, 95min) ★★
2.55 **to 5.00** AM **FILM The Flock** Thriller. (2007, 18, 105min) ★★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Sinbad and the Clash of the Furies**
8.00 **FILM The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
10.00 **Farscape** 10/22. (S3)
11.00 **FILM Warbirds** Horror. (2008, 15, 87min) ★★
1.00 PM **FILM A Study in Terror** Mystery thriller. (1965, 15, 91min) ★★★
3.00 **Farscape** 10/22. (S3)
4.00 **Star Trek** 6/24. (S3)
5.00 **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
7.00 **Farscape** 12/22. (S3)
8.00 **Star Trek** 7/24. (S3)
9.00 **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
11.05 **FILM Stake Land II** Horror thriller sequel. (2016, 15, 85min) ★★
1.00 **to 3.00** AM **FILM Eye of the Tiger** Thriller. (1986, 18, 90min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real Deal** From Enfield.
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Curse of Skinwalker Ranch** Documentary.
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Skinwalker Ranch**
11.00 **Secrets in the Jungle**
12.00 M'T **Book of Secrets**
1.00 AM **UFOs: Lost Evidence**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Ancient Aliens**
5.00 **to 6.40** AM **Dickinson's Real Deal**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Escape to the Cotswolds**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Susan Calman's Grand Day Out** The presenter is in Barry Island, made famous by the sitcom *Gavin & Stacey*.
10.00 **Holidaying with Jane McDonald: The Caribbean** Jane visits an outdoor hot tub heated by a volcano in St Lucia.
11.00 **Prisoner: Cell Block H**
1.00 AM **New York Undercover**
2.00 **Bargain-Loving Brits in the Sun** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Unsellable Houses** New edition A couple entrust Lyndsay Lamb and Leslie Davis with renovating their hugely outdated kitchen.
10.00 **Celebrity IOU** New edition Rosario Dawson wants to give her costume designer a much-needed refresh.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
7.30 **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
9.00 **Welcome to Plathville**
10.00 **I am Shauna Rae** Shauna goes on a date.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **I am Shauna Rae**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Home Improvement**
10.00 **Last Man Standing**
11.00 **Takeshi's Castle**
12.00 NOON **Guessable?**
1.00 PM **Friends** (S4&5)
9.00 **Al Murray Live: Barrel of Fun** Stand-up show from London's Hammersmith Apollo..
10.00 **Friends** 15/25. The gang think about what might have been. (S6)
10.35 **Utopia** New episode 6/8. Tony attempts to stay out of a planning dispute, despite Jim's best efforts. (S2)
11.10 **Your Face or Mine** Double bill of the comedy game show.
12.10 AM **Reno 911!** (S1)
1.10 **Whose Line Is It Anyway? USA**
2.10 **South Park** (S7)
3.05 **Nigel Ng: The Haiyaa Special** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **The Ren & Stimpy Show** 1&2/6. (S1)
10.00 **Becker** 13&14/24. (S4)
11.00 **Friends** (S10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 13&14/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 1/25. Jess is fired from her job. **9.30** 2/25. Jess pretends to be a stranger's blind date. (S2)
10.00 **Friends** (S4&5)
1.00 AM **The Ren & Stimpy Show** 3&4/6. (S1)
2.00 **Reno 911!** (S1)
3.00 **Ugly Americans** (S2)
3.45 **Becker** 13&14/24. (S4)
4.30 **New Girl** 1&2/25. (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **Border Security: Canada's Front Line**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E: South Africa**
6.00 **Manifest** 1/13. (S3)
7.00 **Fantasy Island** (S1)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip** Exploring La Paz.
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **MTV Cribs US**
6.25 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
12.00 NOON **Catfish: Scammed** Reality series.
1.00 PM **Catfish: The TV Show** Reality series.
2.00 **Catfish: Scammed**
3.00 **Catfish: The TV Show**
4.00 **Catfish: Scammed**
5.00 **Catfish: The TV Show**
6.00 **Catfish: Catch of the Day** Reality series.
7.00 **Teen Mom UK**
8.00 **Teen Mom: The Next Chapter**
9.00 **Catfish UK**
10.00 **Skin A&E**
11.00 **Aussie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly explore cursed denim in 'jorts jinx'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
3.10 **to 4.00** AM **Ex on the Beach**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** The Rolls-Royce Dawn.
6.30 **How It's Made**
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill of editions.
3.00 **Gold Rush: White Water**
5.00 **Deadliest Catch** Jake disposes of pots to prevent capsizing.
6.00 **Wheeler Dealers** Mike helps out a young member of the team by fixing up his four-litre V6 2007 Mustang.

7.00 Salvage Hunters

7.00 Salvage Hunters Drew searches for new items to restock his shop, and finds a wealth of industrial fixtures at an RAF base.

8.00 Hoffman Family Gold With their million-dollar goal in sight, the Hoffmans' best working wash plant breaks down.

9.00 Mega Shippers An oil rig needs offloading in Melbourne, and a driver battles bad weather to deliver Christmas trees.

10.00 Alaska Mega Machines A rugged ship built to withstand tsunami-size waves travels on a highway unlike any other.

11.00 **Mystery at Blind Frog Ranch** The team resume drilling into the Energy Zone.
12.00 M'T **Mountain Monsters**
1.00 AM **Mega Shippers**
2.00 **Alaska Mega Machines**
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **My Cat from Hell**
11.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Insane Pools: Off the Deep End** Transforming a koi pond.
3.00 **Legends of the Wild** Brazilian ranchers are being attacked by an unknown creature.
4.00 **Dr Jeff: Rocky Mountain Vet**
6.00 **Extinct or Alive** Searching the Faroe Islands for a trace of extinct seabird the great auk.

8.00 Expedition Bigfoot

7.00 Amanda to the Rescue Amanda Geise takes a special-needs bulldog puppy with swimmers' syndrome into her care.

8.00 Expedition Bigfoot Specialists armed with the latest technology set out to locate the fabled bigfoot in Oregon.

9.00 Expedition Bigfoot With a team member down, Russell and Mireya uncover their first piece of potential evidence.

10.00 The Last Alaskans Winter has finally arrived, and Bob deals with the ramifications of crashing his plane.

11.00 **Crikey! It's the Irwins** Robert attempts the biggest Gator move in Australia Zoo history.
12.00 M'T Serious complications arise after the birth of Talbert the giraffe.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Mysterious Islands**
11.00 **Drain the Oceans: Deep Dive**
12.00 NOON **Car S.O.S**
1.00 PM **Destruction Decoded**
2.00 **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures: America's War** Documentary.
5.00 **Car S.O.S** Fuzz and Tim restore a 1950s Ford Zodiac.
6.00 **Lost Treasures of Egypt** Archaeologists investigate the Kings of Egypt's Pyramid Age.

7.00 Air Crash Investigation

7.00 Air Crash Investigation Approaching Taipei in an intensifying electrical storm, China Airlines Flight 676 falls out of the sky.

8.00 World War II: Secrets from Above New edition As the war reaches its endgame, the Allies and Soviets race to seize Berlin.

9.00 Air Crash Investigation New edition Uncovering a series of failures that doomed the DC-8 before it got off the ground.

10.00 NEW SERIES To Catch a Smuggler: Tropical Takedown Documentary following agents battling the global cocaine trade.

11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S** Restoring a 1994 Vauxhall Cavalier Turbo.
1.00 AM **Mutant Weather**
2.00 **Bid & Destroy**
2.30 **Money Meltdown**
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **River Hunters**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Beyond the Myth: The SS Unveiled** Double bill.
4.00 **Secrets of Great British Castles** Carrickfergus Castle.
5.00 **Pawn Stars** Documentary.
6.00 **American Pickers**

9.00 Ramses the Great

7.00 Forged in Fire Two bladesmiths are tasked to recreate one of the most dangerous medieval weapons – the Falchion.

8.00 Pawn Stars New edition Chum hopes the force is strong with him as a seller brings a nutcracker Darth Vader.

9.00 Ramses the Great: King of Ancient Egypt New edition A look back upon Ramses' three-decade long rule.

10.00 Secrets in the Ice New edition The Siberian death mask, which was discovered in eastern Siberia in 1968.

11.00 **Haunted Hospitals** A swami healer frees a woman from dark forces possessing her.
12.00 M'T **Paranormal Survivor**
1.00 AM **Rust Valley Restorers**
2.00 **Pawn Stars** As 8.00pm.
3.00 **Bradley Walsh: Egypt's Cosmic Code** The Sphinx.
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Turkey with Simon Reeve** A trip to Ankara.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **World War Two from Above**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from underneath the Concorde Aerospace in Bristol.

8.00 Masters of Reinvention

7.00 Our Guy in Russia Guy Martin sets off to explore the biggest country in the world in his own unorthodox fashion.

8.00 Masters of Reinvention New edition The team reinvent a vintage DIY air raid shelter as a hi-tech garden shed.

9.00 Retro Electro Workshop Shamil buys a jukebox in need of repair, and Matt has his work cut out with a collectable Kit Cat clock.

10.00 Bangers & Cash A beautiful looking Challenger E-Type has been fooling the punters and intriguing Derek.

11.00 **Bangers & Cash** Three MGs from the 1970s turn up at the garage, still covered in original factory wax.
12.00 M'T **Find It, Fix It, Flog It** Simon eyes a 1970s TV set for a potential fish tank.
1.00 **to 3.00** AM **Retro Electro Workshop**

+1 hour 255 329

Monday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** A collection of vintage vehicles, eccentric oddities and automobilia. **8.30** Henry and Sam check out rare Vincents and Ariels on offer.
9.00 **Shed and Buried: Classic Cars** New edition Henry and Fuzz head to Kent to view Martin's eclectic collection.
10.00 **MotoGP Highlights** Action from the Grand Prix of the Americas.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married to Evil**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Documentary.
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New editions A terrifying witness account leads police in the wrong direction. **10.00** The murder of an Utah bookstore owner.
11.00 **Murder on CCTV**
12.00 M'T **Gary Glitter: A Faking It Special**
1.00 AM **Faking It: Tears of a Crime** Documentary.
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea**
8.00 **48 Hours** New edition The cases of two young women who were killed ten months apart.
9.00 **Fatal Attraction** New edition LaJoya McCoy's close-knit family request a welfare check after they haven't heard from her in days.
10.00 **Britain's Countryside Killers** New edition The case of Sian O'Callaghan, who vanished from a Swindon nightclub in March 2011.
11.00 **Murder Calls**
12.00 M'T **Murder: First on Scene** A beloved teacher is found dead
1.00 AM **Fatal Attraction**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **48 Hours** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Murder: Fight for the Truth** Double bill.
11.00 **Medical Detectives**
2.00 PM **Written in Blood** Unravelling the story of Banaz Mahmod. **3.00** The notorious murder of James Bulger.
4.00 **Medical Detectives** The deaths of two men in strange circumstances. **4.30** A witness's home explodes after he gives his testimony. **5.00** CCTV footage of a missing woman. **5.30** A college student is found brutally murdered. **6.00** Investigators solve a murder with the help of a squashed tomato. **6.30** Police rule out the accidental death of a drowning victim.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **What the Killer Did Next** Nadine Aubras.
10.00 **Killer in My Village**
11.00 **Forensics: Catching...**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Vikings: The Rise...**
9.05 **The Windermere...**
10.20 **Dive WWII: Our...**
11.40 **Hidden Killers of...**
1.00 PM **Vikings: The Rise...**
2.00 **The Windermere...**
3.20 **Dive WWII: Our...**
4.35 **Hidden Killers of...**
5.50 **Vikings: The Rise and Fall** Documentary
6.50 **The Windermere Children: In Their Own Words** Documentary.
8.10 **Dive WWII: Our Secret History** Documentary.
9.25 **Hidden Killers of the Post-War Home**
10.40 **The Windermere...**
12.00 M'T **Dive WWII: Our Secret History**
1.20 AM **America the...**
2.00 **Vikings: The Rise and...**
2.45 **Hidden Killers of the...**
3.45 **Great American Eclipse**
4.40 **The American Vice President**
5.30 **to 6.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Sixties**
7.00 **Discovering: Tim Robbins**
8.00 **The Directors**
9.00 **The Civil War**
10.00 **Shaq** As 6.55pm.
11.05 **Bad Host: Hunting the Couchsurfing Predator**
12.00 NOON **Mama's Boy: A Story from Our Americas**
2.00 PM **After the Bite**
3.45 **My Icon: Nasser Hussain**
4.00 **The Directors**
5.00 **Discovering: Tim Robbins**
5.55 **The Civil War**
6.55 **Shaq** 1/4. Shaquille O'Neal's ascent to superstardom.
8.00 **Edge of the Earth** Two surfers try to establish Africa's west coast as the next big wave location.
9.00 **David Fuller: Monster in the Morgue** 1&2/2. Documentary.
11.00 **The Jinx: The Life and Deaths of Robert Durst** 1&2/6.
1.00 AM **Meth Storm**
3.00 **Barbie Uncovered: A Dreamhouse Divided**
4.50 **My Icon: Michael Holding**
5.00 **to 6.00** AM **Discovering: Tim Robbins**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Kenya Wildlife Diaries**
10.00 **Wildlife Icons**
11.00 **Big Cat Country**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Kenya Wildlife Diaries**
4.00 **Wildlife Icons**
5.00 **The Wadden Sea**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Attack and Defend**
9.00 **America's Wild Seasons**
10.00 **Brazil Untamed** A profile of the white-whiskered spider monkey of the Brazilian forest.
11.00 **The Wadden Sea**
12.00 M'T **Big Cat Country**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Attack and Defend**
3.00 **America's Wild Seasons**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Kenya Wildlife Diaries**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WWII's Most Daring Raids**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
2.00 **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **WWII's Most Daring Raids**
5.00 **The Proof Is Out There: Bermuda Triangle**
6.00 **What on Earth?**
7.00 **Alien Files Reopened** The stories behind unusual and unexplained UFO sightings.
8.00 **Greatest Prison Escapes with Billy Hayes** The exploits of criminal Rédoine Faïd.
9.00 **Ross Kemp: Mafia and Britain** Ross learns how prevalent cocaine is in Colombia.
10.00 **History's Greatest Mysteries**
11.00 **Hitler's British Island**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Instruments of Death**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **The Proof Is Out There: Bermuda Triangle**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad with Will Mellor** Rodney Whitchelo.
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Secrets of the Morgue**
3.00 **Cops Gone Bad with Will Mellor** Drew Peterson.
4.00 **Meet, Marry, Murder**
5.00 **Accident, Suicide or Murder?**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Cops Gone Bad with Will Mellor** The story of James Riley.
10.00 **Crimes That Shook Britain**
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Cops Gone Bad with...**
3.00 **Somebody's Hiding Something**
4.00 **On the Case with Paula Zahn**
5.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest: Shark Frenzy!**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Florida Untamed: Where Reptiles Rule**
3.00 **The Croc that Ate Jaws: Ancient Enemies**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** Strawberries prove a useful tool in training an orangutan.
8.00 **World's Deadliest** Examining the abilities of predators. **9.00** Exploring the motives behind some of the world's deadliest animal encounters.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **The Baby Mammoth**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The secrets of nebulas, which are strange structures of cosmic gas and dust where stars are born and die in space.
8.00 **The Baby Mammoth** Investigating the life of a young woolly mammoth, the remains of which were discovered in Siberia in a remarkably well-preserved state.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** *Blue Murder:* Sgt Cryer faces a man with a shotgun. **5.30** *Effective Persuaders:* Some of the relief go on an interview technique training course. **6.00** *A Sense of Duty:* DS Roach arrests a drunken man while off duty – much to the anger of Inspector Monroe. **6.30** *Lying in Wait:* Stamp is called upon to save a child's life.
7.00 **Top of the Pops** Triple bill featuring studio performances, videos and celebrity interviews.
9.00 **The Brokenwood Mysteries** *Blood and Water:* 1/4. First episode of the crime drama starring Neill Rea. Detective Inspector Mike Shepherd is sent to the New Zealand town of Brokenwood to investigate the death of a farmer. (S1)
11.00 **The Bill** Four episodes.
1.15 AM **Top of the Pops**
3.05 **999 Rescue Squad**
5.35 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
9.00 **Murder Loves Company**
11.00 **Obsession: Dark Desires**
1.00 PM **Murder Chose Me**
3.00 **Love, Honor, Betray**
5.00 **Hometown Homicide** The case of Theresa Lockhart. **6.00** Focusing on the case of 15-year-old Danielle Locklear.
7.00 **The Killer in My Family** Relatives of serial killer Jo Dennehy reveal how her crimes impacted their lives. **8.00** Relatives of serial killer Robert Maudsley reveal how his shocking crimes impacted the family.
9.00 **Faking It: Tears of a Crime** The murder of Carol Wardell in 1994, by her husband Gordon. Plus, the 'honour killing' of 17-year-old Shafilea Ahmed by her parents Iftikhar and Farzana.
10.00 **People Magazine Investigates**
12.00 M'T **Sin City Justice**
2.00 AM **Hometown Homicide**
4.00 **to 6.00** AM **The Killer in My Family**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard and the Cogs restore a car in front of a live audience at CarFest.
9.00 **Iron Resurrection** The crew turn a 1951 Chevy 3100 pick-up into a Christmas-parade spectacle.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

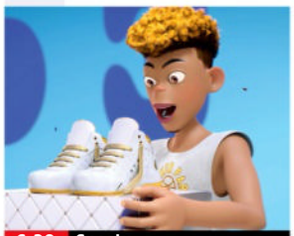
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.40 AM **Sneaks** As 6.20pm.
8.15 **The Good Half** As 12.05am.
9.55 **Babes** As shown at 4.30pm.
11.45 **Sneaks** As shown at 6.20pm.
1.20 PM **I'll Be Right There** (2023)
3.00 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
4.30 **Babes** Comedy co-written by and starring Ilana Glazer. (2024, 15, 104min) ★★★★
6.20 **Sneaks** Animated comedy with the voice of Anthony Mackie. (2025, PG, 92min) ★★



6.20 Sneaks

8.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 I'll Be Right There Comedy starring Edie Falco. A woman navigates her pregnant daughter's wedding plans, her mother's health concerns and her own love life. (2023, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Good Half** Drama. (2023, 15, 96min) ★★★
1.45 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
3.30 **Skincare** Dark comedy thriller. (2024, 18, 86min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.00 AM **The American Society...**
8.00 **Jericho Ridge** As 11.40pm.
9.45 **The Bricklayer** Action thriller. (2023, 15, 110min) ★★
11.45 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
1.40 PM **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
3.40 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
6.00 **Madame Web** Fantasy. (2024, 12, 116min) ★★★

8.00 A Quiet Place

8.00 A Quiet Place Horror starring Emily Blunt and John Krasinski. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. (2024, 15, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Jericho Ridge** Action thriller starring Nikki Amuka-Bird. (2023, 15, 87min) ★★★
1.25 AM **Out of Darkness** Prehistoric horror. Subtitled. (2022, 15, 88min) ★★★
3.10 **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

6.10 AM **Finding You** Romantic drama. (2021, PG, 119min) ★★
8.15 **Golda** As shown at 12.05am.
10.00 **She Came to Me** Comedy drama. (2023, 15, 102min) ★★★★
11.50 **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
1.45 PM **Ferrari** Biopic starring Adam Driver. (2023, 15, 130min) ★★★
4.05 **Dance First** Biopic with Gabriel Byrne. (2023, 12, 100min) ★★★
5.55 **Life Itself** Romantic drama starring Oscar Isaac and Olivia Wilde. (2018, 15, 125min) ★★
8.00 **May December** Drama starring Natalie Portman and Julianne Moore. Years after their romance gripped the nation, a couple buckle when an actress arrives to do research for a film about their past. (2023, 15, 117min) ★★★★
10.05 **The Shamrock Spitfire** Biopic starring Shane O'Regan. (2024, 12, 108min) ★★★
12.05 AM **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
1.55 **Aporia** Sci-fi with Judy Greer. (2023, 15, 104min) ★★★★
3.50 **Carmen** Musical starring Paul Mescal. (2022, 15, 116min) ★★★
5.50 **to 7.40** AM **What If** Romantic drama. (2013, 15, 98min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.00 AM **Dark Skies** As 2.00am.
7.50 **The Frighteners** As 3.40am.
9.50 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
11.55 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
2.05 PM **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
3.45 **Insidious: The Red Door** Horror sequel starring Patrick Wilson. (2023, 15, 107min) ★★
5.40 **Star Trek Into Darkness** Sci-fi adventure starring Chris Pine and Zachary Quinto. (2013, 12, 132min) ★★★★
8.00 **Blade Runner** Ridley Scott's futuristic thriller starring Harrison Ford as the bounty hunter in pursuit of five highly dangerous 'replicants'. With Rutger Hauer and Sean Young. (1982, 15, 130min) ★★★★★
10.00 **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
11.55 **Repo Men** Sci-fi thriller starring Jude Law. (2009, 18, 111min) ★
2.00 AM **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
3.40 **The Frighteners** Horror comedy. (1996, 15, 110min) ★★★
5.40 **to 7.20** AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.05 AM **The Hobbit: An Unexpected Journey** (2012)
9.55 **The Hobbit: The Desolation of Smaug** As 6.00pm.
12.40 PM **The Hobbit: The Battle of the Five Armies** As 8.45pm.
3.10 **The Hobbit: An Unexpected Journey** As shown at 11.15pm.
6.00 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure starring Martin Freeman. (2013, 12, 161min) ★★★★

11.15 The Hobbit

8.45 **The Hobbit: The Battle of the Five Armies** Conclusion of Peter Jackson's fantasy adventure trilogy, starring Martin Freeman, Richard Armitage and Ian McKellen. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman, Ian McKellen, Andy Serkis, Richard Armitage and Cate Blanchett. (2012, 12, 165min) ★★★
2.10 AM **The Hobbit: The Desolation of Smaug**
5.00 **Sky Cinema Preview**
5.30 **to 8.10** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Action

307 407 507 521

6.45 AM **Fast & Furious Greatest Moments: Refuelled**
7.45 **The Legend of Tarzan**
9.45 **Knights of the Zodiac**
11.45 **The Three Musketeers: Milady** (2023, 12) ★★★★
1.45 PM **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12) ★★★
3.40 **Bad Boys for Life** Action comedy. (2020, 15) ★★★
5.50 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★

10.25 The Legend of Tarzan

8.00 **Fast & Furious 7** Action thriller sequel starring Vin Diesel and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. With Dwayne Johnson, Jason Statham and Michelle Rodriguez. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Legend of Tarzan** Adventure starring Alexander Skarsgård and Margot Robbie. Years after leaving his old home behind, Tarzan is lured back to Africa. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Seeking Justice** Thriller. (2011, 15, 104min) ★★
2.20 **Knights of the Zodiac** Fantasy. (2023, 12, 112min) ★★
4.15 **to 6.30** AM **Pain & Gain** Dark comedy with Mark Wahlberg. (2013, 15, 124min) ★★★

Sky Cinema Comedy

308 408 508 522

6.25 AM **Balls of Fury** As 1.10am.
8.10 **Girls Trip** Comedy with Regina Hall. (2017, 15, 122min) ★★
10.25 **O Brother, Where Art Thou?** Comedy. (2000, 12) ★★★★
12.20 PM **Shakespeare in Love** Comedy. (1998, 15) ★★★★
2.30 **Wimbledon** Romantic comedy. (2004, 12, 98min) ★★★
4.15 **Everybody Wants Some!!** Comedy. (2016, 15) ★★★★
6.20 **The Accidental Husband** Comedy. (2008, 12, 86min) ★

4.15 Everybody Wants Some!!

8.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Relax, I'm from the Future** Comedy starring Rhys Darby. A man from the future trapped in the past tries to make a life for himself, oblivious to the consequences he has set in motion. (2023, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
1.10 AM **Balls of Fury** Spoof martial arts movie with Dan Fogler. (2007, 12, 90min) ★
2.45 **The Cable Guy** Comedy. (1996, 12, 96min) ★★★★
4.25 **to 6.00** AM **The Accidental Husband** As 6.20pm.

Sky Cinema Gangsters

309 409 509 523

7.05 AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★
9.00 **Ruthless** As 4.30am.
10.35 **Jackie Chan's Police Story** Martial arts comedy thriller. (1985, 15, 98min) ★★★★
12.20 PM **Absolution** As 2.35am.
2.15 **We Own the Night** (2007)
4.20 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
6.15 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★

10.30 True Romance

8.00 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano, Jordi Mollà and Theresa Randle. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **True Romance** Crime thriller scripted by Quentin Tarantino and starring Christian Slater and Patricia Arquette as a naive young couple on the run from mobsters pursuing a $5million stash of cocaine. (1993, 18, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **We Own the Night** Crime drama with Joaquin Phoenix. (2007, 15, 117min) ★★★
2.35 **Absolution** Crime thriller. (2024, 15, 112min) ★★★
4.30 **to 6.05** AM **Ruthless** Thriller. (2023, 15, 92min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Desert Rats** War drama. (1953, b/w, U) ★★★★
12.50 PM **Buchanan Rides Alone** Western. (1958, U, 78min) ★★
2.30 **The Ghost and Mrs Muir** Supernatural comedy. (1947, b/w, U, 104min) ★★★★
4.40 **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
6.40 **A Good Year** Comedy drama starring Russell Crowe. (2006, 12, 117min) ★★★

9.00 M:I - Rogue Nation

A Good Year (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Mission: Impossible – Rogue Nation** Spy thriller sequel starring Tom Cruise and Jeremy Renner. The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. (2015, 12, 131min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Funny Pages** Owen Kline's comedy starring Daniel Zolghadri and Matthew Maher Wallace Shearer. A teenage cartoonist rejects the comforts of his suburban life. (2022, 18, 86min) ★★★★
1.25 **to 3.25** AM **Undergods** Sci-fi thriller with Kate Dickie, Ned Dennehy and Geza Rohrig. (2020, 15, 92min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

7.00 AM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
9.05 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
10.45 **Forrest Gump** Whimsical fable. (1994, 12, 136min) ★★★★
1.10 PM **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
3.10 **It Ends with Us** Romantic drama. (2024, 15, 125min) ★★★

5.30 **The Da Vinci Code** Conspiracy thriller. (2006, 12, 149min) ★★★
8.00 **Crazy Rich Asians** Comedy with Constance Wu and Henry Golding. A professor heads to Singapore with her boyfriend, and is surprised to learn he is from an extremely wealthy family. (2018, 12, 120min) ★★★★
10.00 **Fear and Loathing in Las Vegas** Terry Gilliam's adaptation of Hunter S Thompson's cult book, starring Johnny Depp. (1998, 18, 119min) ★★★★

12.00 M'T **Hellraiser** Horror fantasy. (1987, 18, 92min) ★★★
1.35 AM **Lawless** Crime drama. (2012, 18, 111min) ★★★★
3.35 **Desperation Road** Thriller. (2023, 18, 112min) ★★★★
5.30 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 404 504 518

6.20 AM **The Man Who Knew Too Much** Classic Hitchcock thriller. (1956, PG, 120min) ★★★★
8.30 **The Great Gatsby** F Scott Fitzgerald's melancholy tale. (1974, 12, 146min) ★★★
11.00 **Schindler's List** Historical drama. (1993, 15, 195min) ★★★★★
2.15 PM **Robin Hood: Prince of Thieves** Fantasy adventure. (1991, PG, 138min) ★★

4.40 **Death Becomes Her** Comedy fantasy starring Meryl Streep. (1992, PG, 103min) ★★★
6.30 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. A brash Detroit police detective investigates a murder in Beverly Hills. (1984, 15, 105min) ★★★★
9.50 **The Naked Gun** Spoof police thriller starring Leslie Nielsen. (1988, 15, 85min) ★★★★

11.20 **Death Becomes Her** (1992)
1.05 AM **Weird Science** Teen comedy. (1985, 12, 94min) ★★★
2.40 **Dazed and Confused** Richard Linklater's comedy drama. (1993, 15, 102min) ★★★★
4.25 **to 6.15** AM **HouseSitter** Comedy. (1992, PG, 102min) ★★★

Sky Cinema Animation

305 412 500 514

6.05 AM **Teen Titans Go! to the...**
7.40 **Ruby Gillman, Teenage Kraken** Animation. (2023, PG) ★★★
9.25 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
11.00 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★
12.30 PM **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★

2.10 **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG, 99min) ★★★★
4.00 **Home** Animated adventure. (2014, U, 94min) ★★★
5.40 **Antz** Animated comedy. (1998, PG, 83min) ★★★
7.10 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.05 **Riverdance: The Animated...**
10.40 **Mavka: The Forest Song** Animation. (2023, PG) ★★
12.30 AM **Teen Titans Go! to the Movies** (2018, PG) ★★★

2.00 **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
3.35 **Spirit: Stallion of the Cimarron** Animation. (2002, U) ★★★
5.10 **to 6.35** AM **Batman Unlimited: Mechs vs Mutants** Animation. (2016, PG, 72min) ★★★

Movies 24

312 419

7.00 AM **The Magic of Lemon Drops** Romantic fantasy. (2024, PG, 84min) ★★
9.00 **Wedding of a Lifetime** Comedy. (2022, PG, 84min) ★★
11.00 **Love in Whitbrooke** Romantic drama. (2021, PG, 88min) ★★
1.00 PM **Heart of the Manor** Comedy. (2021, PG, 85min) ★★
3.00 **Groundswell** Romantic comedy. (2022, PG, 84min) ★★

5.00 **Autumn at Apple Hill** Romantic comedy drama. (2024, PG, 84min) ★★
7.00 **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★
9.00 **The Story of Love** Romantic comedy starring Brittany Bristow and Franco Lo Presti. (2022, PG, 91min) ★★
11.00 **3 Bed, 2 Bath, 1 Ghost** Supernatural romantic comedy with Julie Gonzalo and Chris McNally. (2023, PG, 84min) ★★

1.00 AM **CrimeTime: Freefall** Mystery with Lyndie Greenwood. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Perfect Harmony** Romantic comedy drama. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Naked Fury** Crime drama. (1959, b/w, U, 64min) ★★
7.15 **Impact** (1963, b/w, U) ★★
8.30 **Noose** Crime melodrama. (1948, b/w, PG, 98min) ★★
10.20 **Ambush in Leopard Street** Drama. (1962, b/w, PG) ★★★
11.30 **The Stars Look Down** Drama. (1939, b/w, PG, 110min) ★★★
1.25 PM **Black Widow** Thriller. (1951, b/w, PG, 62min) ★★

2.40 **Belle of the Yukon** Musical drama. (1944, U, 81min) ★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 7/39. (S1)
5.30 **Dixon of Dock Green** (S21)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 1/13. (S6)
9.05 **The Ship That Died of Shame** Seafaring drama with Richard Attenborough and George Baker. (1955, PG, 91min) ★★
11.05 **A Good Read with Mike Read**
11.55 **Let's Spend the Night Together**

1.50 AM **The Vengeance of She** Fantasy adventure with Olinka Berova. (1967, PG, 101min) ★
3.55 **The Gelignite Gang** Crime thriller starring Wayne Morris. (1956, b/w, U, 75min) ★★
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live** A look at the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news.
3.00 LIVE **Indian Premier League Mumbai Indians v Kolkata Knight Riders.** Coverage of the match from Wankhede Stadium, Mumbai. The visitors came away with the victory in this meeting last year as they won by 24 runs. Kolkata were bowled out for 169 in their innings as they batted first. In response, Mumbai were bowled out for 145 inside 19 overs.
7.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Bogota Open.
9.00 LIVE **WTA & ATP Tennis** Further coverage from the Tours, featuring the ATP Houston Open.
3.00 AM LIVE **ATP Tennis** Coverage of day one of the US Men's Clay Court Championship at River Oaks Country Club in Houston, Texas.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Years**
3.00 **PL Retro** Another chance to see Manchester United v Liverpool from the 2008/09 season.
5.00 **Premier League Best Goals**
6.00 **PL 100: Petr Cech** The career of the former Chelsea goalkeeper.
6.30 **PL 100: Paul Scholes** The ex-Manchester United star's career.
7.00 **Transfer 360** Double bill.
8.00 **Gary Neville's Soccerbox**
9.00 **Transfer 360** A look back at Juninho's move to Middlesbrough. **9.30** A look at Jurgen Klinsmann's move to Tottenham Hotspur.
10.00 **Premier League Icons** A profile of Dennis Bergkamp. **10.30** Ole Gunnar Solskjaer.
11.00 **Premier League Years**
1.00 AM **PL Retro** Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2019 play-off finals.
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
9.30 **EFL Greatest Games**
10.00 **Championship Retro** Replay of Watford v Leicester City in the 2013 play-off semi-final second leg.
12.00 NOON **WSL** A replay of Leicester City v Tottenham Hotspur.
2.00 PM **EFL Highlights**
3.00 **Scottish Premiership Round-Up**
3.15 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
3.30 **WSL** Chelsea v West Ham United. **4.00** Highlights from Leicester City v Tottenham Hotspur.
4.30 **EFL Highlights** Burnley v Bristol City in the Championship. **4.45** Cardiff City v Sheffield Wednesday in the Championship.
5.00 LIVE **Baller League** Coverage from the second round of the UK-based version of the six-a-side football league staged at Copper Box Arena in London.
11.00 **Bundesliga Highlights Show**
12.00 M'T **Championship Retro**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **Celtic's Invincibles**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Recent action.
10.10 **Ashes Greats** Archive highlights.
10.30 **Best of ICC WT20**
11.00 **IPL** Highlights from India.
2.50 PM LIVE **Indian Premier League Mumbai Indians v Kolkata Knight Riders.** Coverage of the T20 match from Wankhede Stadium, Mumbai. The visitors came away with the victory in this meeting last year as they won by 24 runs. Kolkata were bowled out for 169 in their innings as they batted first with Venkatesh Iyer leading the way with 70 from 52 balls. In response Mumbai couldn't get going and were bowled out for 145 inside 19 overs.
7.00 **Ashes Greats** Archive action.
7.30 **Best of ICC WT20** Highlights.
8.00 **IPL** Action from Gujarat Titans v Mumbai Indians in Ahmedabad. **9.00** Highlights of Mumbai Indians v Kolkata Knight Riders. **10.00** Highlights from Delhi Capitals v Sunrisers Hyderabad. **11.00** Action from Mumbai Indians v Kolkata Knight Riders.
12.00 M'T **IPL** Action from India.
5.10 AM **Ashes Greats** Archive action.
5.30 **to 6.00** AM **Women's World Cup**

Sky Sports Golf

405 515 505 423 443

6.00 AM **DP World Tour Golf** Replay of day four of the Indian Open.
11.00 **PGA Tour Golf** A replay of the fourth day of the Houston Open.
4.00 PM **The Open Zone**
5.00 **Asian Tour Golf** Action from the International Series in Macau.
6.00 **Golf's Greatest Holes**
6.30 **DP World Tour Golf** Indian Open.
7.00 **PGA Tour Golf** Houston Open.
8.00 **LPGA Tour Golf** Action from day four of the Ford Championship
10.00 **Golf's Greatest Holes**
10.30 **DP World Tour Golf**
11.00 **PGA Tour Golf** Houston Open.
12.00 M'T **DP World Tour Golf**
12.30 AM **Golf's Greatest Holes**
1.00 **DP World Tour Golf**
3.00 **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA Tennis** Recent finals.
8.30 **ATP Tennis** The Miami Open.
10.30 LIVE **ATP Tennis** Coverage of day one of the Bucharest Open staged at Baza Sportive Nastase/Marica in Bucharest, Romania.
2.00 PM LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 AM LIVE **ATP Tennis** The first day of the US Men's Clay Court Championship held at River Oaks Country Club in Houston, Texas.
5.00 **Bitesize Tennis** Berlin Open.
5.15 **Tim Henman Podcast 2024**
5.30 **Billie Jean King: My Story**
5.45 **to 6.00** AM **Martina Navratilova: Unstoppable**

TNT Sports 1

410 870 521 408 430

6.00 AM **Premiership Rugby Union**
11.00 **SailGP Highlights**
12.00 NOON **Serie A** Napoli v AC Milan.
1.00 PM **MLB Highlights**
2.00 **NBA** A replay of Cleveland Cavaliers v Los Angeles Clippers.
3.30 **One Day International Cricket**
4.30 **In My Blood** Interviews with Jarrod Bowen & Chesney Hawkes.
4.45 **HSBC SVNS Highlights**
5.45 **The Rugby Review**
6.30 **Superbike World Championship Highlights**
7.30 LIVE **Serie A Lazio v Torino.** The Italian top-flight match at Stadio Olimpico. Kick-off **7.45pm**.
9.45 **Kenny Allstar's Number 1's**
10.00 **NBA on Fire** The latest news.
10.30 **NBA** A replay of Cleveland Cavaliers v Los Angeles Clippers.
12.00 M'T **NBA Tip-Off** A look ahead to tonight's NBA matches.
12.30 AM LIVE **NBA Memphis Grizzlies v Boston Celtics.** The inter-conference match at FedExForum. Tip-off **12.30am**.
3.00 LIVE **NBA Los Angeles Lakers v Houston Rockets.** Coverage of the Western Conference match at Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.30** AM **NBA Postgame**

TNT Sports 2

411 871 522 409 431

6.00 AM **MotoGP** Races from the Grand Prix of the Americas.
9.30 **MotoGP Chequered Flag**
10.30 **Superbike World Championship**
11.45 **MotoGP Films** Archive action.
12.00 NOON **Cycling** Action from the men's Gent Wevelgem race. **1.00** PM Highlights from the women's Gent Wevelgem race. **2.00** Tour of Catalunya.
3.00 **SailGP Highlights** San Francisco.
4.00 **Triathlon T1 World Cup** Highlights from Lievin, France.
5.00 **MLB Highlights** Baseball action.
6.00 LIVE **Ultimate Pool** Coverage from Group 13 of the Champions League, as some of the country's leading eightball players battle it out for places in the next stage.
9.30 **UFC** Another chance to see Brandon Moreno v Steve Erceg.
12.30 AM **UFC Fight Flashback**
1.00 LIVE **MLB Houston Astros v San Francisco Giants.** Coverage of the inter-league match from Daikin Park. Start-time **1.10am**.
4.15 **UEFA Champions League – Stories of the Finals**
4.30 **Champions League Classics**
5.30 **to 6.00** AM **UEFA Champions League Magazine**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
6.45 **Women's Super League**
7.00 **Fight Night** Two bout replays.
9.00 **Super League Highlights**
9.45 **Women's Super League**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Super League Highlights**
12.45 PM **Women's Super League**
1.00 **Good Morning Football**
3.00 **Fight Night International**
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **NFL Highlights** Action from Kansas City Chiefs v Buffalo Bills.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show.
8.00 **NFL Highlights** Kansas City Chiefs v Houston Texans.
9.00 **My Icon** Pam Cookey.
9.15 **Super League Highlights** Warrington Wolves v Leeds Rhinos. **9.30** Wigan Warriors v St Helens.
9.45 **Women's Super League**
10.00 **The Rugby Championship** Argentina v Australia from 2024.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Top Rank Boxing Archive**
2.15 **Super League Highlights**
3.15 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
5.00 **to 6.00** AM **Top Rank Boxing**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.00 **Ref Watch** The big refereeing decisions from recent games.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live**
2.00 LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
9.00 LIVE **WTA & ATP Tennis** Further coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
11.00 **Sky Sports News**
12.00 M'T LIVE **NCAA Basketball** Coverage of two of the four Elite Eight matches in the regional sections of the women's NCAA college basketball tournament.
2.00 AM LIVE **NCAA Basketball** Coverage of two of the four Elite Eight matches in the regional sections of the women's NCAA college basketball tournament.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **My Icon** Solomon Wilcots.
6.15 **Top Rank Boxing Archive**
7.30 **My Icon** Solomon Wilcots.
7.45 **Fight Night International**
8.45 **My Icon** Sporting influences.
9.00 **Super League Highlights**
9.15 **My Icon** Solomon Wilcots.
9.30 **Top Rank Boxing Archive**
10.45 **My Icon** Solomon Wilcots.
11.00 **Fight Night International**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **My Icon** Sporting influences.
5.00 LIVE **Baller League** Coverage from the second round of the six-a-side football league staged at Copper Box Arena in London.
11.00 **Fight Night International**
12.00 M'T **Top Rank Boxing Archive**
1.30 AM **Fight Night International**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** A replay of Essendon Bombers v Port Adelaide Power. **8.00** Another chance to see Carlton Blues v Western Bulldogs. **10.00** A replay of Melbourne Demons v Gold Coast Suns.
12.00 NOON **UEFA Champions League Magazine** Highlights.
12.30 PM **UEFA Champions League – Classics** Archive action.
1.30 **MotoGP** Action from races at the Grand Prix of the Americas.
5.00 **MotoGP Chequered Flag**
6.00 **SailGP Highlights** The fifth round of the season in San Francisco.
7.00 **Serie A** Lazio v Torino. **8.00** Napoli v AC Milan.
9.00 **Fishing: On the Bank**
10.00 **One Day International Cricket** New Zealand v Pakistan in the first ODI from McLean Park in Napier.
11.00 **Premiership Rugby Union**
4.00 AM **Born Racers**
5.15 **TNT Sports Cricket Reload**
5.30 **to 6.00** AM **PL Legends**

TNT Sports 4

414 876 524 411 434

6.00 AM **Snowboarding**
8.00 **Ski Jumping** From Planica.
10.30 **Freestyle Skiing** In Engadin.
11.30 **A-League** Highlights from Macarthur FC v Newcastle Jets. **12.30** PM Wellington Phoenix v Western Sydney Wanderers. **1.30** Sydney FC v Melbourne City. **2.30** Highlights from Melbourne Victory v Adelaide United. **3.30** Highlights of Central Coast Mariners v Perth Glory. **4.30** Brisbane Roar v Auckland FC.
5.30 **NBA Action** Highlights.
6.00 **NBA on Fire** The latest news.
6.30 **NBA** A replay of Cleveland Cavaliers v Los Angeles Clippers.
8.00 **Snowboarding** Highlights from Engadin, Switzerland.
10.00 **Ski Jumping** Highlights from the men's HS240 ski flying events in Planica, Slovenia.
12.30 AM **Freestyle Skiing**
1.30 **Cycling** Recent highlights.
4.30 **to 6.00** AM **In My Blood**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **Cape to Cape**
8.00 **Asian Le Mans Series**
9.00 **LaLiga Specials**
10.00 **World Surf League**
11.00 **British Minibikes**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **Transworld Sport** Magazine.
4.00 **World Surf League**
5.00 **LaLiga Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 LIVE **LaLiga Celta Vigo v Las Palmas.** From Estadio Abanca-Balaidos. Kick-off is at **8.00pm**.
10.30 **Sporting Countdowns**
11.00 **LaLiga Highlights**
12.00 M'T **URC in 60** Recent action.
1.00 AM **NHL: This is Hockey**
1.30 LIVE **NHL Ice Hockey Colorado Avalanche v Calgary Flames.** Face-off is at **1.30am**.
4.30 **NHL: This is Hockey**
5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

6.00 AM **NASCAR** Cook Out 400.
10.00 **Bike World** Magazine.
10.30 **GP Confidential**
11.00 **PSA Squash Tour**
2.00 PM **Japan Rugby**
4.00 **Top 14 Rugby Union**
5.55 **GP Confidential** F1 news.
6.25 **Bike World** Magazine.
6.55 **Football's Greatest**
7.25 LIVE **LaLiga 2 Cadiz v Eibar.** The Spanish second-tier game at Nuevo Mirandilla. Kick-off **7.30pm**.
9.30 **URC in 60** Action from the latest round of fixtures in the United Rugby Championship.
10.30 **Football's Greatest**
11.00 **NHL: This is Hockey**
12.00 M'T LIVE **NHL Ice Hockey Philadelphia Flyers v Nashville Predators.** The inter-conference match staged at Wells Fargo Centre. Face-off is at **12.00m't**.
3.00 AM **NHL: This is Hockey**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Highlights from past Japanese Grand Prix races.
11.00 **Formula 1** A replay of the 2016 Japanese Grand Prix in Suzuka.
1.05 PM **Formula 1** Season highlights.
1.15 **Ted Drives: F1 Car**
1.30 **Seaplanes & Helicopters**
1.55 **F1 Explained: Formation Lap**
2.00 **Formula 1** Japanese Grand Prix.
4.05 **Formula 1** Season highlights.
4.30 **F1 Academy: Weekend Wrapped** Chinese Grand Prix.
5.00 **Formula 1** Japanese Grand Prix.
7.05 **Formula 1** Season highlights. **7.30** Highlights from past Japanese Grand Prix races.
10.30 **Formula 1** A chance to see the 2019 Japanese Grand Prix.
12.35 AM **Formula 1** Season highlights.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Tuesday

1 April

Evening Planner

Tuesday

Reality

Stacey & Joe
BBC1, 8pm
Stacey Solomon and Joe Swash invite cameras into their home for this fly-on-the-wall series capturing their family life.

Travelogue

Bradley & Barney Walsh: Breaking Dad
ITV1, 8pm (box set, ITVX)
The father-and-son team travel to Japan, where they explore the sights of Tokyo.

Documentary

Volcano with Dara Ó Briain
5, 9pm
The comedian explores the power of Italy's active volcanoes, starting in Sicily with Mount Etna. Concludes tomorrow.

Documentary

Ashley Cain: Into the Danger Zone
BBC3, 9pm (box set, BBC iPlayer)
The influencer meets young men living in some of the world's danger spots.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Stacey & Joe		9.00 Waterloo Road		10.00 News; Local News	10.40 Stacey...
	102 BBC2	7.00 The Hairy Bikers Go North		8.00 Why Bridges Collapse: The Baltimore...		9.00 QI XL	9.45 Hypothetical		10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Bradley &...	8.30 For the Love...	9.00 Kate Garraway's Life Stories		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Our Welsh Chapel Dream		9.00 George Clarke's Amazing Spaces		10.00 The Change	
	105 5	7.00 Poundland: Pound Shop Price Wars		8.00 Dogs Behaving (Very) Badly		9.00 Volcano with Dara O Briain		10.00 HMP Belmarsh: Evil Behind Bars	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 A League of Their Own: The Rally		10.00 Film: Stargate	
ENTERTAINMENT	115 BBC3	7.00 Top Gear				9.00 Ashley Cain: Into the Danger Zone		10.00 Kin	
	116 BBC4	7.00 Frozen Planet II		8.00 The Fall and...	8.30 The Good Life	9.00 All About The Good Life		10.00 Amityville: An Origin Story	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 The Murder of Jade Ward: Social Media...		10.05 Plebs	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Location, Location, Location		9.00 Britain's Most Beautiful Road		10.00 PopMaster TV	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Made in Chelsea: Maldives		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Matlock		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Chernobyl			10.10 The Wire
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Neil & Martin's Bon Voyage		10.00 Men Behaving Badly	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	◂ 6.45 Snooker: Tour Championship – Live: Coverage of the evening session on day two						10.00 World Superbike Highlights	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Happy Gilmore			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob & Romesh vs Heavy Metal		9.00 A League of Their Own: The Rally		10.00 Never Mind the Buzzcocks	
	109 U&ALIBI	7.00 The Mentalist		8.00 Death in Paradise				10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Decoding Turner				10.00 David Hockney: A Celebration	
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Brit Cops Down Under		9.00 Border Force: America's Gatekeepers		10.00 Nurses on the Ward	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 The Aquarium				10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside the SS				10.00 World War II: Secrets from Above	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Pawn Stars		9.00 Bradley Walsh: Egypt's Cosmic Code		10.00 Truthseekers	
	155 U&YESTERDAY	7.00 Our Guy in Russia		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Shaq		7.55 The Man Who Wanted to Change the World		9.00 The Wimbledon Kidnapping			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 The Wasp		8.00 Coming 2 America				10.00 Borat Subsequent Moviefilm	
	302 BOOKS TO SCREEN	◂ 5.40 Angels & Demons		8.00 Field of Dreams				10.00 Lawless	
	303 HITS	◂ 6.20 Jackie Chan's The Tuxedo		8.00 Blue Beetle					10.10 The Flash
	304 GREATS	◂ 6.20 Ace Ventura: When Nature Calls		8.00 Beverly Hills Cop II				10.00 The Naked Gun 2½: The Smell of Fear	
	305 ANIMATION	◂ 5.40 The Angry Birds...	7.35 The Angry Birds Movie 2				9.20 Under the Boardwalk		
	306 FAMILY	◂ 6.00 The Cat...	7.25 A Tiger's Tail			8.55 Patch Adams			
	307 ACTION	◂ 6.20 Hancock		8.00 Saving Private Ryan					
	308 COMEDY	◂ 6.20 The Nutty Professor		8.00 Nutty Professor II: The Klumps				9.50 Talladega Nights: The Ballad of Ricky Bobby	
	309 GANGSTERS	◂ 5.30 Bad Boys II		8.00 The Equalizer 3				9.55 Goodfellas	
	310 DRAMA	◂ 6.35 Boy Meets Boy		8.00 The Survivor					10.10 Ben-Hur
	311 SCI-FI	◂ 6.15 A Quiet Place		8.00 A Quiet Place: Day One			9.45 Gravity		
	313 FILM4	◂ 6.55 Sleepless in Seattle				9.00 Moon			
SPORT	401 MAIN EVENT	7.00 Gillette Labs...	7.30 EFL – Live: Bristol Rovers v Birmingham City (Kick-off 8.00)						10.30 PL Highlights
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Highlights
	403 FOOTBALL	7.00 Scottish...	7.30 EFL – Live: Bristol Rovers v Birmingham City (Kick-off 8.00)						10.30 Scottish...
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	7.00 Premier League – Live: Nottingham Forest v Manchester United (Kick-off 8.00)							10.30 Original...
	411 TNT SPORTS 2	7.00 Men's Cycling World Tour		8.00 T100 Triathlon...	8.30 Powerlifting European Classic...		9.30 One Day International Cricket		10.30 One Day...

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Kent. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition (S)
2.30 **Clive Myrie's Caribbean Adventure** (S)(R)(AD)
3.00 **Escape to the Country** New edition From Dorset. (S)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Election Broadcast** By the Conservative Party. (S)

9.00 Waterloo Road

7 PM

7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Sharon is overwhelmed as revelations come to the surface upon Vicki's arrival, and Peter tries to win Lauren back. (S)(AD)

8 PM

8.00 NEW SERIES **Stacey & Joe** 1/6. A glimpse into the lives of Stacey Solomon and Joe Swash as they open the doors to their home, Pickle Cottage, to share what the day to day is like for them, their five children, four ducks and two dogs. (S)(AD)

9 PM

9.00 **Waterloo Road** Series finale 8/8. Jared goes to new extreme lengths to control Libby as she tries to move on, and Stella's world is rocked when she's forced to confront her past. (S15) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Stacey Dooley: Meet the Shoplifters** Stacey gets to grips with the apparent shoplifting epidemic and finds out what life is like for the frontline staff trying to prevent thefts. *Previously shown on BBC3.* (S)(AD)
11.25 **The Weakest Link** Keith Duffy, Rachel Riley, Amy Gledhill, Ching He Huang, Konan, Rory Bremner, Bonnie Langford and Chris Harris compete to win a potential prize pot of £50,000 for their chosen charity. (S)(R)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Springwatch in Japan – Cherry Blossom Time** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Dom Digs In** (S)(R)(AD)
3.45 **Chris and Meg's Wild Summer** (R)
4.15 **Sea Cities** From Tyneside. (S)(R)
5.15 **Flog It!** From London Zoo. (S)(R)
6.00 **Richard Osman's House of Games** Scarlette Douglas, Max George, Susie McCabe and Olly Smith test their trivia skills. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 17/20. Michael Portillo's journey reaches the naval port of Brest, France. (S)

9.45 Hypothetical

7.00 **The Hairy Bikers Go North** 1/8. Simon King and Dave Myers explore the best of northern British food on a road trip from east to west. They begin in Lancashire, in the Trough of Bowland, and end at Notarianni's famous ice-cream shop. (S)(R)

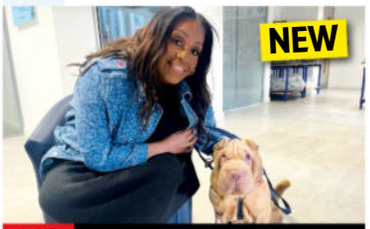
8.00 **Why Bridges Collapse: The Baltimore Disaster** A look at the 2024 collision of 100,000-tonne container ship *MV Dali* into the Francis Scott Key Bridge in Baltimore, just four minutes after its departure for Sri Lanka. (S)(R)(AD)

9.00 **QI XL** Sandi Toksvig hosts as Cally Beaton, Nish Kumar and Tom Ward join regular panellist Alan Davies to answer questions on the theme of UFOs. (S)(R)
9.45 **Hypothetical** 2/8. Josh Widdicombe and James Acaster are joined by guests Rose Matafeo, Rachel Parris, Jon Richardson and Romesh Ranganathan. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Better Off Dead?** Actor and disability rights activist Liz Carr explores the repercussions of assisted dying. (S)(R)(AD)
12.00 M'T **Sign Zone: This Farming Life** The Imries prepare for their biggest event so far. (S)(R)
1.00 AM **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
2.00 **Sign Zone: Great British Menu: The Finals** A vegan starter. (S)(R)
3.05 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with guests Denise Lewis, Deborah Meaden and Kevin Whately. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.20 **Party Election Broadcast** By the Conservative Party. (S)
6.30 **ITV News** (S)



8.30 For the Love of Dogs

7.30 **Emmerdale** April panics Marlon, Chas and Liam worry about Ella's behaviour, while Nicola decides to shift tactics. (S)(AD)

8.00 NEW SERIES **Bradley & Barney Walsh: Breaking Dad** 1/6. The duo begin their trip in Tokyo. *See feature, page 8.* (S)
8.30 NEW SERIES **For the Love of Dogs with Alison Hammond** 1/6. A lurcher with a fractured leg captures Alison's heart. (S)

9.00 NEW SERIES **Kate Garraway's Life Stories** Broadcaster Jeremy Kyle speaks candidly about his life and career, the controversy surrounding his talk show and his personal battles with gambling and cancer. (S)

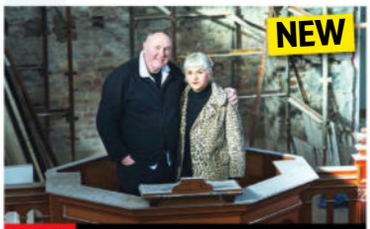
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family** 1/7. Davina McCall and Nicky Campbell tell more stories of people desperate to find missing family and answer questions that have haunted entire lives, beginning with two men searching for the truth about their beginnings. (S)(R)(AD)
11.40 **Olivia Attwood's Bad Boyfriends** The couples enter the third and final phase of the project. (S)(R)
12.30 AM **Teleshopping**
3.00 **Prue Leith's Cotswold Kitchen** With Sandi Toksvig. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 19-22/22. (S7) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/24. (S2) (S)(R)(AD)
11.10 **Celebrity Undercover Boss USA** Olympic gymnast Gabby Douglas meets inspiring coaches. (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** A Eurovision winner visits Martin and Steve's B&B in Granada. (S)(R)
5.00 **Chateau DIY** New edition Donna and Paul start installing their 40 bespoke windows. (S)(AD)
6.00 **A Place in the Sun: What Happened Next?** Jean Johansson and Danni Menzies revisit house-hunters in Spain and France. (S)(R)



8.00 Our Welsh Chapel Dream

7.00 **News** (S)

8.00 NEW SERIES **Our Welsh Chapel Dream** Keith Brymer Jones and his partner Marj start renovations on the downstairs Sunday school so it can become their living space, but first they have to tackle the dry rot. (S)(AD)

9.00 **George Clarke's Amazing Spaces** New edition The show's youngest ever contributors turn a battered bus into an ice cream van, and George witnesses an oil rig lifeboat transform into a floating home. (S)(AD)

10.00 **The Change** New episodes 3/6. The town is brought to a standstill by the women's revolution. (S)(AD)
10.30 4/6. Linda embraces her role as leader of the women's strike. (S2) (S)(AD)
■ Entire series on C4 online
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.00 M'T **First Dates** (S)(R)(AD)
1.00 AM **Alone USA** New edition 9/11. Icy temperatures arrive. (S)
■ Entire series on C4 streaming
2.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
3.00 **The Last Leg** (S)(SL)(R)
3.55 **Undercover Boss USA** (S)(R)
4.45 **Sunday Brunch Best Bits** (S)(R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** Discussion show hosted by Vanessa Feltz. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Playing Dead: Mystery 101** Crime drama with Jill Wagner and Kristoffer Polaha. (S)(R)
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition 2/10. *Valiant Lady* reaches the Rock of Gibraltar and runs into a spot of bother before even docking. (S)
5.00 **News** (S)
6.00 **Eggheads** Sandy Shores take on the quiz experts. (S)(R) **6.25** Pub quizzers Smokies and Wine take part. (S)(R)
6.55 **News** (S)

9.00 Volcano with Dara O Briain

7.00 **Poundland: Pound Shop Price Wars** A look behind the scenes of the chain of retail stores, uncovering the secrets of its best-selling products. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Trainer Graeme Hall visits the Midlands, where wayward Jack Russell Milo is ruining a precious relationship between a young girl and her grandad. (S)

9.00 **NEW SERIES Volcano with Dara O Briain** 1/2. The comedian and presenter explores the immense power of Italy's most active volcanoes. *See feature, page 11.* (S)
■ Concludes tomorrow

10.00 **HMP Belmarsh: Evil Behind Bars** 1/2. Former inmates, retired prison staff and experts discuss stories from life inside London's toughest high-security prison. (S)(R)

11.05 **HMP Belmarsh: Evil Behind Bars** 2/2. Documentary. (S)(R)
12.05 AM **Acts of Murder** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 15&16/24. (S2) (S)(R)
3.50 **Britain by Bike with Larry & George Lamb** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 13/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Murder, She Boat:* Lisa must solve the 'murder' of a million-dollar action figure on a pop culture cruise. (S)(R) **5.30** *Iron Marge:* Bart and Lisa delve into Marge's past to show that they know her. (S)(R)
6.00 **The Office (US)** 8/22. Michael gives the staff a performance evaluation. (S)(R) **6.30** 9/22. Michael starts monitoring all e-mails sent from the office. (S2) (S)(R)

9.00 A League of Their Own...

7.00 **The Simpsons** *Do the Wrong Thing:* Homer and Bart become kings of the blue-collar sports circuit. (S)(R) **7.30** *Frinkenstein's Monster:* Professor Frink helps Homer land a high-level job. (S)(R)

8.00 **Whale with Steve Backshall** 2/4. Steve reveals the hunting strategies of whales and dolphins, using sound, skill, teamwork and strategy to catch their prey. (S)(R)(AD)

9.00 **A League of Their Own: The Rally** New edition 2/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis continue their race as they travel through rural France to the Alps. (S)(AD)

10.00 **FILM Stargate** Sci-fi adventure starring Kurt Russell and James Spader. An Egyptologist and a US military team pass through a teleportation gate leading to another world. (1994, PG, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.15 AM **Brassic** 1/8. Vinnie is released from prison and tries to lie low, but Farmer Jim arrives with a job offer. (S3) (S)(R)(AD)
1.10 **The Force: North East** Northumbria Police answer a flood of 999 calls. (S)(R)
2.05 **Road Wars** (S)(R)(AD)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 3/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City **11.25** Scotcast **11.55** The Weakest Link **12.40am** Weather for the Week Ahead **12.45-6.00am** BBC News

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm NEW SERIES The Crime I Can't Forget **11.30** Stacey Dooley: Meet the Shoplifters **12.15am** The Weakest Link **1.00-6.00am** BBC News

WALES
Sky **965**, Virgin **864**, Freesat **965**
9.00pm The One That Got Away **9.55-10.00pm** Planet Earth: A Lion's Tale

BBC2

N. IRELAND
Sky **969**, Freesat **969**
9.00pm Trump, Tariffs & Us **9.30-9.45** The Chronicles of Armagh **11.05pm-12.00m't** Nazis, U-Boats and the Battle for the Atlantic

WALES
Sky **968**, Freesat **968**
1.45pm First Minister's Questions **2.40** Lightning **3.10** Unbeatable **3.55** Dom Digs In **4.40-5.15** Chris and Meg's Wild Summer **9.00** Waterloo Road Series finale **10.00-10.30** Rewind: 60 Years of Welsh Pop **11.05** Hypothetical New edition **11.50pm-12.00m't** Coast

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Cartrefi Cymru **1.30** Cefn Gwlad **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Wal **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Yn Ffrainc **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode **8.25** Rownd a Rownd New episode **8.55** Newyddion a'r Tywydd **9.00** 24 Awr Newidiodd Gymru Series finale **9.45** Clwb Rygbi **10.15** Peter Moore: Dyn Mewn Du **11.15-11.40pm** Hunan Hyder

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** James May and Jeremy Clarkson learn about China's car industry.
7.55 **The Catch Up**
8.00 **Top Gear** James May tests the Vauxhall Corsa VXR Nürburgring and the updated Fiat Panda.
9.00 **NEW SERIES Ashley Cain: Into the Danger Zone** 1/6. The former footballer visits some of the world's most dangerous cities, starting in Rio de Janeiro, Brazil. *See feature, page 21.*
■ Entire series on BBC iPlayer
10.00 **Kin** 1/8. First episode of the Irish crime drama with Aidan Gillen and Clare Dunne. **10.50** 2/8. The Kinsellas deal with the fallout of Cunningham's retaliation. (S1)
11.45 **The Tooney and Russo Show** New edition 3/12.
12.15 AM **Cuckoo** 3&4/6. (S1)
1.15 **Top Gear** As 7.00pm.
2.15 **The Big Proud Party Agency** Documentary.
2.45 **This Is Gay** Sketch comedy.
3.00 **to 4.00** AM **Ashley Cain: Into the Danger Zone**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Frozen Planet II** A look at the wildlife that has adapted to survive in frozen mountain regions.
8.00 **The Fall and Rise of Reginald Perrin** Reggie delivers a surprising speech.
8.30 **The Good Life** First episode of the classic comedy starring Richard Briers and Felicity Kendal.
9.00 **All About The Good Life** The story of the classic 1970s sitcom about a self-sufficient couple.
10.00 **Amityville: An Origin Story** 1/4. Docu-drama examining the true story that inspired *The Amityville Horror* film sensation. **10.50** 2/4. Ronnie DeFeo Jr is accused of murder after his family are found dead in strange circumstances. (S1)
11.45 **Mark Kermode's Secrets of Cinema: Horror** Mark dissects the horror genre.
12.45 AM **The Jumbo Jet**
1.35 **All About The Good Life**
2.35 **to 3.35** AM **Frozen Planet II**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.30 **A New Life in the Sun**
11.30 **Narrow Escapes**
1.35 PM **Come Dine with Me** Five editions of the contest from the West Midlands.
4.15 **Four in a Bed** Five editions of the B&B challenge.
6.55 **Car S.O.S** Tim Shaw and Fuzz Townshend get to grips with a 1971 Lamborghini Espada belonging to a Derbyshire man, whose hopes of restoring it were dashed by health issues.
7.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help buyers moving from the south to the north east, including Lauren and Noel, who have their hearts set on a character property.
9.00 **Britain's Most Beautiful Road** 1/4. The highs and lows of Scotland's North Coast-500 route during its busiest season, with access to the Highland Council and its new ranger team.
10.00 **PopMaster TV** 3/6. Ken Bruce puts more music enthusiasts to the test in the third heat, but only one can secure a place in the final.
11.05 **The Emergency Ward**
12.10 AM **24 Hours in A&E**
2.20 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** An accusation takes its toll on one resident.
7.30 **Married at First Sight Australia** New edition The recent newlyweds move into the apartments and take on the experts' course to fast-track their relationships.
9.00 **Made in Chelsea: Maldives** New edition Sam continues to flirt with Jack's girlfriend, Livvy.
10.00 **Gogglebox** Opinions on *Peaky Blinders, Coronation Street* and *Starstruck.*
11.05 **First Dates**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.10 **Married at First Sight Australia** As 7.30pm.
2.35 **Made in Chelsea: Maldives**
3.30 **Abbott Elementary**
3.55 **Modern Family**
4.20 **The Goldbergs**
5.10 **to 6.00** AM **The Neighborhood**

+1 hour | 235/236 | 306 | 30 | 123

Tuesday primetime

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 12/16. (S5)
12.00 NOON **The Good Doctor** (S3)
1.00 PM **The Rookie** 6/14. Officer Nolan's decision to return to school proves a tough ask. (S3)
2.00 **Chicago Fire** 4/13. Julia spends a couple of days at 51. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Matlock

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI: Most Wanted** *Chattaboogie:* 15/15. Jubal enlists Jess and his team to track down a rogue DEA agent. (S2)

9 PM
9.00 **Matlock** New episode *This Is That Moment:* 12/18. Olympia and Julian represent opposing parties in a custody battle. (S1)

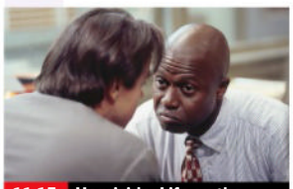
10 PM
10.00 **The Cleaning Lady** *Sins of the Father:* 1/12. After Lucas is kidnapped by his father, Thony teams up with Garrett. (S2)
11.00 **The Rookie** 9/22. (S5)
12.00 M'T **FBI** 1/22. (S1)
1.00 AM **FBI: Most Wanted** (S3)
2.00 **The Equalizer** New episode
3.00 **Law & Order: Special Victims Unit** 22/22. (S24)
4.00 **The Good Doctor** 2/20. (S3)
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 8&9/10. (S6)
10.05 **Six Feet Under** (S3&4)
12.15 PM **Game of Thrones** (S7)
1.20 **Westworld** 4&5/8. (S4)
3.30 **True Blood** 8/10. Sookie faces a major dilemma. **4.40** 9/10. Bill tries to get Warlow away from the plain.
5.40 **Six Feet Under** 13/13. Ruth's marriage announcement causes concern. (S3) **6.50** 1/12. Nate clashes with Lisa's family. (S3)



11.15 Homicide: Life on the...

7.55 **Game of Thrones** *Stormborn:* 2/7. Daenerys receives an unexpected visitor, Cersei gathers her allies, Jon faces resistance and Arya has a reunion with old friends. (S7)

9.00 **Chernobyl** *1.23.45:* 1/5. Workers and firefighters put their lives on the line to try to deal with an explosion at the nuclear power plant. (S1)

10.10 **The Wire** *Margin of Error:* 6/13. Carcetti has to deal with a last-minute smear campaign. (S4)
11.15 **Homicide: Life on the Street**
12.20 AM **The Baby** 3/8. (S1)
1.00 **Mare of Easttown** 6/7. Mare re-evaluates old suspects. (S1)
2.15 **Game of Thrones** As 7.55pm.
3.25 **In Treatment** (S1)
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 1/13. (S9)
9.00 **Stargate SG-1** (S4)
11.00 **Supergirl** 10/22. (S2)
12.00 NOON **The Flash** 2/13. (S9)
1.00 PM **Hawaii Five-0** (S3)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 13/22. (S1)
5.00 **Supergirl** 9/22. Kara finds herself transported through a portal to another planet. (S2)
6.00 **Stargate SG-1** 17/22. The Harsesis child Shifu teaches Daniel how to defend Earth from the Goa'uld. (S4)

10.00 Never Mind the Buzzcocks

7.00 **Stargate SG-1** *The Light:* 18/22. The team are transfixed by a beautiful device encountered on another planet. (S4)

8.00 **Rob & Romesh vs Heavy Metal** The duo perform Metallica's *Enter Sandman* at the Download Festival.

9.00 **A League of Their Own: The Rally** New edition 2/3. Jamie, Jill, Micah and Tom head through rural France to the Alps.

10.00 **Never Mind the Buzzcocks** Beth Ditto, Megaman, Nick Grimshaw and Kimberly Wyatt take part in the music quiz.
11.00 **Brit Cops: War on Crime**
12.00 M'T **Brassic** 1/8. (S3)
1.00 AM **The Force: North East**
2.00 **Rob Beckett's Smart TV** New edition With Richard Madeley and Chris McCausland.
2.50 **Road Wars**
3.15 **NCIS: Los Angeles** (S14)
4.05 **S.W.A.T.** 13/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
11.55 **Christmas Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **In with a Shout**
3.00 **Hart of Dixie** 2/22. Zoe tries to make a good impression at the Founder's Day Parade. (S1)
4.00 **Gilmore Girls** 2/22. Lorelai adopts a dog. (S6)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Mo Gilligan, Naga Munchetty and Joanna Page.

10.05 Plebs

7.00 **Deal or No Deal** Stephen Mulhern hosts as Angela takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **The Murder of Jade Ward: Social Media Murders** Exploring the murder of a 27-year-old mother of four.

10.05 **Plebs** 5/8. The boys buy an eccentric slave. **10.35** 6/8. Rome holds local elections. Guest stars Simon Callow. (S2)
11.10 **Family Guy** 5/21. Stewie befriends a pop star. (S8) **11.35** 16/16. (S7)
12.05 AM **American Dad!** (S4&3)
1.05 **Bob's Burgers** 17&18/22. (S7)
2.00 **Plebs** 5&6/8. (S2)
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
6.35 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *Dead Air.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Endeavour** *Trove:* A baffling suicide throws Morse in at the deep end as he returns.
5.55 **Heartbeat** *Blast from the Past:* Walker is forced to confront his past, and David is lured into a web of deceit.

6.55 Heartbeat

6.55 **Heartbeat** *Icon:* Bellamy and Walker hunt for stolen Russian icons and discover an ex-convict might be involved.

8.00 **Vera** *Dark Angel:* The detective investigates Newcastle's drug underworld to discover the identity of a man found dead in the river, which leads her back to the site of an old murder.

10.00 **Foyle's War** *War Games:* Foyle investigates a burglary at the headquarters of a multinational company.
12.00 M'T **Endeavour** As 3.45pm.
1.45 AM **Where the Heart Is** 6/6. Peggy and Ruth attempt to patch up a local pig farmer's marriage. (S1)
2.40 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught**
8.00 **This Farming Life** New edition 11/12. With Derek's retirement imminent, the Thomson family thrash out plans for the succession.
9.00 NEW SERIES **Paramedics on Scene** 1/10. The paramedics of Scotland's Special Operations Response Team help an elderly man trapped under his own floorboards.
10.00 **Limbs in the Loch: Catching a Killer** 5/6. Detectives make a breakthrough when a witness comes forward. **10.30** 6/6. William Beggs stands trial for the murder of Barry Wallace.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Burnistoun** 5/6. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S3)
9.15 **The Conners** (S2)
10.10 **Veep** 3&4/10. (S3)
11.20 **Ballers** 8&9/10. (S3)
12.35 PM **Curb Your Enthusiasm** (S6)
1.55 **Veep** 3&4/10. (S3)
3.05 **Ballers** 8&9/10. (S3)
4.25 **Crashing** 6&7/8. (S3)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S2)
7.40 **Curb Your Enthusiasm**
9.00 **And Just Like That...** *Tragically Hip:* 5/10. Carrie confronts her necessary hip surgery. **9.50** *Diwali:* 6/10. Anthony asks Carrie for a favour. (S1)
10.40 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.40 **Divorce** 1&2/8. (S2)
12.50 AM **Barry** 7&8/8. (S1)
2.00 **The Righteous Gemstones** New episode 4/9. (S4)
2.50 **Crashing** 6&7/8. (S3)
4.00 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **The South Bank Show Originals**
6.30 **Academy of Ancient Music: Four Seasons**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Classic Movies**
12.00 NOON **Landscape...**
1.00 PM **Tales of the...**
2.00 **The Art of the Possible**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Decoding Turner**
10.00 **David Hockney: A Celebration**
11.30 **Van Gogh by Vincent**
12.30 AM **Hopper: An American Love Story**
1.45 **Pompeii: Sin City**
3.10 **Unmuted**
3.40 **Marina Abramovic Takes Over TV**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare UK**
4.00 **Primeval** 3/7. (S2)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** *Lele pu na manu like:* 8/25. A thief is crushed to death by an empty safe. (S9)
9.00 **FBI: Most Wanted** *Reaper:* 18/22. (S3)
10.00 **FBI: International** (S2)
11.00 **Britain's Most Evil Killers** The story of Nathan Matthews.
12.00 M'T **Grimm** 4/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **The Matchmaker** New edition
10.55 **Botched** Medical series.
11.50 **The Only Way Is Essex**
12.50 **to 1.15** AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 6/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 11/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 16–19/25. (S5)
9.00 **Randall and Hopkirk (Deceased)** *It's Supposed to Be Thicker Than Water:* 22/26. A family reunion turns into a grim affair. (S1)
10.00 **The Avengers** *Game:* 2/33. Steed and Tara investigate a series of murders. Guest stars Peter Jeffrey. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Protectors**
6.35 **Minder**
7.25 **The Sweeney**
8.30 **The Saint**
9.35 **Magnum, PI**
10.35 **Kojak**
11.40 **BattleBots** New edition Claw Viper, Witch Doctor and Huge are among the challengers.
12.45 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day two from Manchester Central.
4.30 **Minder**
5.35 **The Sweeney**

6.45 Snooker: Tour...

6.45 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on day two from Manchester Central, featuring the conclusion of two first-round matches. With analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, and commentary by Phil Yates and David Hendon.

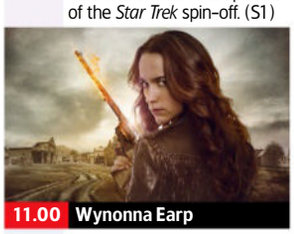
10.00 **World Superbike Highlights** The second round of the season at Autodromo Internacional do Algarve in Portugal.
11.00 **Wrestling: AEW Collision** Hard-hitting action, featuring FTR, Thunder Rosa, Jon Moxley, Jay White and Miro.
12.55 AM **BattleBots**
1.55 **The Protectors**
2.25 **Motorsport Mundial**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 15/26. (S7)
2.00 **Warehouse 13** 3/6. (S5)
3.00 **Stargate SG-1** 15/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine** 15/26. The holosuite malfunctions. (S7)
6.00 **Star Trek: Enterprise** 1/26. Part one of two. First episode of the *Star Trek* spin-off. (S1)

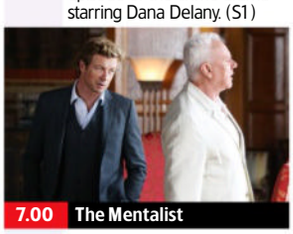

11.00 Wynonna Earp

7.00 **Warehouse 13** *A Faire to Remember:* 3/6. Pete and Steve search for a dangerous artefact at a Renaissance fair. (S5)
8.00 **Stargate SG-1** *Bounty:* 15/20. A ruthless band of bounty hunters target the team at Mitchell's high-school reunion. (S10)
9.00 **Grimm** *Law of Sacrifice:* 18/22. The Verat discover Adalind and her baby have gone to Captain Sean Renard for help. (S3)
10.00 **The Walking Dead** *The Distance:* 11/16. The group meet an apparently friendly stranger after surviving a storm. (S5)
11.00 **Wynonna Earp** 5/13. Wynonna is helped in her quest to track down the seven demons behind her sister's death. **12.00** M'T 6/13. Waverly attends a mysterious binding ceremony. (S1)
1.00 AM **The Ark** 5&6/12. (S1)
3.00 **Spawn** 1&2/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 15/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 15/20. When his sister asks him for help, Jesse visits northern Ontario with Sarah and Rex. (S5)
6.00 **Body of Proof** 1/9. Pilot episode of the crime drama starring Dana Delany. (S1)


7.00 The Mentalist

7.00 **The Mentalist** *Fire and Brimstone:* 6/22. Jane tries to gather all the Red John suspects at his home in Malibu. (S6)
8.00 **Death in Paradise** *Ye of Little Faith:* 4/8. The team are called to a hotel where a flight attendant has been poisoned. (S3)
9.00 **Death in Paradise** *Damned If You Do:* 3/8. The president of a military re-enactment society dies mid-battle. (S4)
10.00 **Father Brown** *The Children of Kalon:* The priest must investigate the new chapter of the Church of Apollo.
11.00 **The Mentalist** As 7pm.
12.00 M'T **Body of Proof** As 6pm.
1.00 AM **Elementary** 3/24. A civil contractor disappears after leaking top-secret information online. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
8.55 **I Didn't Know You Cared**
9.35 **Hi-de-Hi!**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **I Didn't Know You Cared**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Hi-de-Hi!**
3.40 **Last of the Summer Wine**
5.00 **I Didn't Know You Cared**
5.40 **Keeping Up Appearances**
6.20 **Hi-de-Hi!**

9.00 Neil & Martin's Bon Voyage

7.00 **Only Fools and Horses** Del pays a stripper to attend a party at the Nag's Head with Rodney.
7.40 **Dad's Army** Captain Mainwaring and his platoon acquire a boat. **8.20** Mainwaring decides that the platoon need a mascot for a big parade.
9.00 **Neil & Martin's Bon Voyage** New edition 2/3. The boys go fishing off the coast of Biarritz. ■ Entire series on U
10.00 **Men Behaving Badly** Tony decides to break up his girlfriend. **10.30** Gary sells one of Dorothy's records.
11.00 **Live at the Apollo** Omid Djalili introduces sets by Julian Clary and Reginald D Hunter.
12.00 M'T **Miranda**
12.40 AM **Men Behaving Badly**
1.50 **The Cleaner**
2.30 **Live at the Apollo**
3.20 **to 4.00** AM **Miranda**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** From Ethiopia.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** The duo go on a culinary journey around Asia, beginning in Hong Kong.
6.00 **Rick Stein: From Venice to Istanbul** The chef arrives in the Greek Peloponnese.

7.40 House of Games

7.00 **Would I Lie to You?** Daisy May Cooper, Diane Morgan, Richard Osman and Rory Reid take part.
7.40 **Richard Osman's House of Games** With Kelvin Fletcher and Jen Brister. **8.20** With Amanda Lamb, Stephen Bailey, Crystelle Pereira and Nick Moran.
9.00 **Have I Got a Bit More News for You** Jennifer Saunders hosts the quiz, with guests Matt Forde and Ayesha Hazarika.
10.00 **QI XL** Guests Johnny Vegas, Ronni Ancona and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig.
11.00 **World's Most Dangerous Roads** Jack Dee and Jake Lambert head to Kyrgyzstan.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Survivor South Africa**
3.25 **to 4.00** AM **Travel Man: 48 Hours in New York**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** In Swansea.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Grand Designs** A couple build a floating home on a tidal estuary.
8.00 **George Clarke's Amazing Spaces** A couple transform two lorries into a travelling home and restaurant.
9.00 **Gogglebox**
10.00 **Tempting Fortune**
12.10 AM **Building Britain's Superhomes**
1.10 **The Nevermets**
2.10 **Super Surgeons: A Chance at Life**
3.10 **999: On the Front Line**
4.10 **to 4.35** AM **Devon and Cornwall**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/24. (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *House Divided:* 1/24. Agents in Washington, DC look for their missing colleagues. **7.00** *Twofer:* 2/24. A missing US Navy lieutenant's body is found buried in a cemetery. **8.00** *Exit Strategy:* 3/24. A Metro PD cop's disappearance is linked to a decade-old murder case. (S15)
9.00 **Law & Order** New episode *Castle in the Sky:* 11/13. A real estate developer is found dead in one of his buildings. (S23)
10.00 **Law & Order: Special Victims Unit** (S18&17)
1.50 AM **Quantum Leap** (S1)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **A Hoarder Wrecked My House!** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **NEW SERIES Call the Bailiffs: Time to Pay Up**
10.00 **999: Emergency Call Out** True-crime series.
11.00 **Skin A&E**
12.00 M'T **Accused: Guilty or Innocent?**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.40 **Traffic Cops**
10.40 **Police Interceptors**
11.45 **FILM Northwest Mounted Police** Cecil B DeMille adventure starring Gary Cooper. (1940, U, 125min) ★★
2.10 PM **FILM Chief Crazy Horse** Western starring Victor Mature. (1955, PG, 88min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching America's Speeders** Following New Jersey police.
10.00 **Scam City** Conor Woodman visits the Argentine capital of Buenos Aires.
11.05 **Fights, Camera, Action!**
12.05 AM **Air Crash: Disaster Revealed** Documentary.
1.10 **Police Interceptors**
2.10 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Million Pound Build for Children in Need**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake**
8.00 **Brit Cops Down Under** New edition Jay settles into work, but life at home is not so smooth.
9.00 **Border Force: America's Gatekeepers**
10.00 **Nurses on the Ward**
11.00 **In Defense Of**
12.00 M'T **Emergency: First Time Medics**
1.00 AM **Changing Rooms Australia** Home renovation series.
2.20 **to 3.00** AM **The Undateables**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Classic Doctors**
9.15 **Classic Holby City**
10.10 **Classic Casualty**
11.20 **The Bill**
12.20 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.05 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Sharpe** *Sharpe's Peril:* Sharpe and Harper tangle with bandits during a hazardous journey across India in 1818.
10.15 **New Tricks** *Tender Loving Care:* The team investigate the murder of a junior doctor.
11.35 **Bergerac**
12.35 AM **Taggart**
3.20 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Donegal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** A woman tries to fulfil her mother's dying wish of reuniting her brother with his birth family.
10.00 **Rich House, Poor House** Two Doncaster families swap homes and lives for the week.
11.00 **Long Lost Family Australia** A 20-year-old woman's quest to find her older sister.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include an Edwardian shoe closet.
7.00 **Tenable** Warwick Davis welcomes a pub quiz team from Oxfordshire.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link** Quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.00 AM **FILM Rage at Dawn** Crime Western. (1955, U, 87min) ★★
10.00 **Wanted: Dead or Alive**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Alvarez Kelly** Civil War Western. (1966, PG, 116min) ★★
3.20 **FILM The Nebraskan** Western with Philip Carey. (1953, PG, 63min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM The Hunter's Prayer** Action thriller with Sam Worthington. (2017, 15, 91min) ★★
10.55 **FILM Hours** Thriller starring Paul Walker. (2013, 12, 93min) ★★
1.05 AM **FILM Absolute Zero** Disaster drama. (2005, 12, 87min) ★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **FILM Deadly Voltage** Adventure. (2015, PG, 84min) ★★
11.00 **Saving Lives at Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Hidden Truth** Thriller. (2016, 12) ★★
3.00 **FILM Killer Dearest** Thrillller. (2018, 12) ★★
5.05 **FILM An Aurora Teagarden Mystery: A Game of Cat and Mouse** Crime drama. (2019, PG, 88min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Jack Ryan: Shadow Recruit** Thriller. (2014, 12, 106min) ★★★
11.15 **FILM Only God Forgives** Crime thriller. (2013, 18, 86min) ★★★
1.15 AM **FILM Bunraku** Action fantasy. (2010, 15, 119min) ★★★
4.00 **to 6.00** AM **FILM The Nurse** Suspense drama. (2014, PG, 89min) ★★

+1hour 322

GREAT! romance

319 424 52

8.10 AM **FILM This Little Love of Mine** Drama. (2021, U, 91min) ★★
10.15 **FILM The Perfect Pairing** (2022, U) ★★
12.05 PM **FILM Dream Wedding** Drama. (2023, U, 89min) ★★
2.00 **FILM Love on the Rise** Drama. (2020, U) ★★
4.00 **FILM Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
6.05 **FILM Truly, Madly, Sweetly** Romantic drama. (2018, PG, 82min) ★★
8.00 **FILM Cabin Connection** Romantic drama. (2022, PG, 89min) ★★
9.55 **FILM Lucky in Love** Drama. (2014, 12) ★★
11.50 **FILM Love Knots** Romantic comedy. (2021, PG, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Just for the Summer** Drama. (2020, PG, 90min) ★★

+1hour 320 63

Rewind TV

182 92

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 5/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 26/36. (S1)
12.00 NOON **Shine on Harvey Moon** 3/9. (S3)
1.00 PM **Blue Thunder** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 10/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 5/9. (S4)
6.00 **Bewitched** 26/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 9/20. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Thriller** 8/10. (S1)
12.55 AM **Space 1999** (S1)
1.55 **Monkey** 11/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The fleet's captains and crews face the prospect of the long, hard journey to the finish line. **8.00** The red king crab season comes to an end. **9.00** Bob follows a pod of porpoises to her first big solo haul. **10.00** The safety of Bob's operation is in danger after a collision.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Four editions.
11.00 **Great British Bake Off**
12.30 PM **Mary Berry Everyday** As 8.30pm.
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Back Down the River** Cacio e pepe.
3.00 **Delicious Miss Brown**
5.00 **Jamie's Money Saving Meals** Four editions.
7.00 **Great British Bake Off**
8.30 **Mary Berry Everyday** Mary celebrates the food she has always loved.
9.00 **Michel Roux's French Country Cooking**
10.00 **Nadiya's Fast Flavours**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 5/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 5/19. (S5)
11.00 **FILM Beware! The Blob** Sci-fi comedy sequel. (1972, 15, 87min) ★★
1.00 PM **FILM Double Dragon** Adventure. (1994, 12, 91min) ★★
3.00 **FILM The Lost Future** Sci-fi adventure. (2010, 15, 90min) ★★
5.00 **Star Trek** 25/26. (S2)
6.00 **T.J. Hooker** 6/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Momentum** Crime action thriller. (2015, 15, 96min) ★★★
10.55 **FILM Jagged Edge** Legal thriller. (1985, 18, 108min) ★★★★★
1.00 AM **FILM Maximum Overdrive** Horror. (1986, 18, 97min) ★★★
2.55 **to 5.00** AM **FILM Memorial Day** Drama. (2011, 15, 104min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Shark Season**
8.00 **FILM A Study in Terror** Thriller with John Neville. (1965, 15, 91min) ★★★
10.00 **Farscape** 12/22. (S3)
11.00 **FILM Sinbad and the Clash of the Furies** Action adventure. (2016, 12, 90min) ★
1.00 PM **The Curse of King Tut's Tomb**
3.00 **Farscape** 12/22. (S3)
4.00 **Star Trek** 7/24. (S3)
5.00 **FILM Shark Season** Disaster thriller. (2020, PG, 87min) ★★
7.00 **Farscape** 14/22. (S3)
8.00 **Star Trek** 8/24. (S3)
9.00 **FILM Red Rock West** Black comedy thriller with Nicolas Cage and Lara Flynn Boyle. (1992, 15, 98min) ★★★★
11.00 **FILM Road Train** Australian horror thriller. (2010, 15, 87min) ★★
1.00 **to 3.00** AM **FILM Red Rock West** As 9.00pm.

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Skinwalker Ranch**
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **NEW SERIES Contraband: Seized at Sea** Documentary.
10.00 **NEW SERIES Airport Security: USA**
11.00 **Court Cam** Double bill.
12.00 M'T **Encounter: UFO**
1.00 AM **UFOs: Lost Evidence**
2.00 **Caught on Camera**
3.00 **Hardcore Pawn**
3.25 **Ancient Aliens**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres** In Wiltshire.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben reunites with a man living in the swamplands of Georgia. **8.00** Ben revisits a couple living off the west coast of Australia.
9.00 **Battle of the Atlantic** Exploring the threat from German U-boats.
10.00 **WWII Battles in Colour**
11.00 **Prisoner: Cell Block H**
1.00 AM **New York Undercover**
2.00 **Bargain-Loving Brits in the Sun** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **Windy City Rehab** New edition Alison Victoria feels a sense of urgency as she takes on a renovation for a client who's losing her vision.
10.00 **Bargain Block New Orleans** New edition Incorporating Mardi Gras spirit into the rental side of a decrepit duplex.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Dr Pimple Popper** A witch who wants to clear a curse of a cyst.
9.00 **Botched Bariatric**
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Home Improvement**
10.00 **Last Man Standing**
11.00 **Takeshi's Castle**
12.00 NOON **Guessable?**
1.00 PM **Friends** (S5)
8.00 **Friends** 22/24. Joey receives disappointing news in Las Vegas. **8.30** 23/24. Part one of two. The gang head to Las Vegas. (S5)
9.00 **FILM Happy Gilmore** Sports comedy starring Adam Sandler and Christopher McDonald. (1996, 12, 92min) ★★★
10.45 **Whose Line Is It Anyway? USA**
11.45 **Reno 911!** (S1)
12.45 AM **Friends** 15/25. (S6)
1.20 **Utopia** (S2)
1.55 **South Park** (S7)
2.55 **Beavis and Butt-Head**
3.05 **Teachers** (S3)
3.30 **The Daily Show** New edition Talk show.
4.10 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **The Ren & Stimpy Show** 3&4/6. (S1)
9.55 **Becker** 15&16/24. (S4)
10.50 **Friends** (S10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 15&16/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 3/25. Winston frets about his romance. **9.30** 4/25. Jess and Schmidt get to know the new neighbours. (S2)
10.00 **Friends** 6-11/24. (S5)
1.00 AM **The Ren & Stimpy Show** 5&6/6. (S1)
2.00 **Reno 911!** 3&4/14. (S1)
3.00 **Ugly Americans** (S2)
3.45 **Becker** 15&16/24. (S4)
4.30 **New Girl** 3&4/25. (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense**
8.00 **Four Weddings**
9.00 **Celebrity Four Weddings** Reality series.
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** 1&2/18. (S3)
2.00 PM **Motorway Patrol**
3.00 **Border Security: Canada's Front Line**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E: South Africa**
6.00 **Manifest** 2/13. (S3)
7.00 **Fantasy Island** (S1)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** With Gabby Logan.
4.00 **Celebrity Four...**
5.00 **to 6.00** AM **Sixth Sense**

MTV

126/127 824 134

6.00 AM **Daria** 6/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Models**
3.00 **Catfish: Wannabees**
4.00 **Catfish: The TV Show**
7.00 **Teen Mom UK**
8.00 **Help! I'm in a Secret Relationship!**
9.00 **MTV Cribs: Beautiful Beach Houses** A tour of celebrity beach houses.
10.00 **Aussie Shore** New edition Eleven fun-loving housemates enter a house in Cairns.
11.00 **Dating Naked UK** New edition Dating show hosted by Rylan Clark.
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly Aquilino fall on some 'slippery stones'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Harpoon Hunters**
5.00 **Deadliest Catch** When Sig loses GPS navigation, Mandy must work a decades-old magnetic compass.
6.00 **Wheeler Dealers** Mike and Ant welcome a zippy 1974 Fiat X1/9 sports car to the workshop, but big issues lurk.

9.00 Gold Rush

7.00 **Salvage Hunters** Drew Pritchard visits an inventor in Battle, East Sussex, whose collection includes a mummified cat.
8.00 **Hoffman Family Gold** As Alaska's brutal winter bites, Todd works the night shift hoping to hit his million-dollar goal.
9.00 **Gold Rush** New edition Rick prospects a new area in Keno that could be richer than anything he has mined.
10.00 **Gold Rush** New edition Examining the biggest and toughest gold mining equipment on earth.
11.00 **Mystery at Blind Frog Ranch** The team strike an object underground that reveals the truth about the Energy Zone.
12.00 M'T **Mountain Monsters**
1.00 AM **Gold Rush** Double bill.
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Swimming with Monsters with Steve Backshall**
3.00 **Rugged Justice**
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a Savannah cat. **5.00** The team care for several abandoned kittens.
6.00 **Extinct or Alive** Forrest searches Madagascar for the great-ape-like pachylemur.

8.00 The Aquarium

7.00 **Amanda to the Rescue** Amanda helps to find a forever home for a French bulldog puppy with suspected hydrocephalus.
8.00 **The Aquarium** The aquarium witnesses the annual spawning of a coral species, and an African penguin falls ill.
9.00 **The Aquarium** The staff use laser-equipped cameras to determine just how long Trixie the whale shark is.
10.00 **The Last Alaskans** Tyler and Ashley trek 15 miles to a lake cabin in search of food, while Bob leaves home to see his daughter.
11.00 **Expedition Bigfoot** Specialists set out to locate the fabled bigfoot in Oregon. **12.00** M'T Russell and Mireya uncover their first piece of potential evidence.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Hitler's Last Stand**
11.00 **Drain the Oceans: Deep Dive**
12.00 NOON **Car S.O.S**
1.00 PM **Construction Fails**
2.00 **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** Fuzz and Tim spruce up a 1970 Lotus Elan.
6.00 **Lost Treasures of Egypt** The reign of Egypt's most powerful king – Ramses the Great.

8.00 Inside the SS

7.00 **Air Crash Investigation** How 300 passengers on Air France Flight 358 escaped after the plane veered off a runway.
8.00 **Inside the SS** The story of Hitler's private army, formed from volunteers who were subjected to intense propaganda.
9.00 **Inside the SS** A look at the role of the SS in the Holocaust, with many volunteering to run the death camps.
10.00 **World War II: Secrets from Above** As the war reaches its endgame, Allies and Soviets race to seize Berlin.
11.00 **Air Crash Investigation**
12.00 M'T **David Blaine: Do Not Attempt** The art of illusion.
1.00 AM **Destruction Decoded**
2.00 **Bid & Destroy**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Pawn Stars** Documentary.
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Dirty Old Cars**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Beyond the Myth: The SS Unveiled** Double bill.
4.00 **Secrets of Great British Castles** Edinburgh Castle.
5.00 **Pawn Stars**
6.00 **American Pickers**

9.00 Egypt's Cosmic Code

7.00 **Forged in Fire Armed Forces Tournament** Contest in which smiths from the US military compete to win $50,000.
8.00 **Pawn Stars** New edition Corey and Chum try to stay afloat with a limited-edition Nike raft and briefcase.
9.00 **Bradley Walsh: Egypt's Cosmic Code** Series finale Uncovering the mysteries of King Tutankhamun. ■ Entire series on Box Sets
10.00 **Truthseekers** New edition Lifting curses apparently linked to the Egyptian pharaoh Tutankhamun.
11.10 **The Proof Is Out There** New edition How an Italian pilot may have captured genuine UFO photos in 1979.
12.10 AM **Paranormal Survivor**
1.10 **Rust Valley Restorers**
2.10 **Pawn Stars** As 8.00pm.
3.05 **The Curse of Oak Island**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Sue Perkins: Along the US-Mexico Border**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **World War Two from Above**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Erddig in north Wales, where items include a jade figurine.

7.00 Our Guy in Russia

7.00 **Our Guy in Russia** Guy Martin visits the home of automotive manufacturer Kamaz and drives one of their famous trucks.
8.00 **Bangers & Cash: Restoring Classics** Dave alerts the team to a 1979 Lotus Esprit S3, a serious risk and an expensive buy.
9.00 **Bangers & Cash** Jack and Amy go on a trip to collect some motorbikes from a widow in the north east of England.
10.00 **Bangers & Cash** Paul and Jack head to Staffordshire to pick up five vehicles from a collector's colossal barn.
11.00 **Bangers & Cash** Three rare Alvises get the auction buyers going when they come under the hammer.
12.00 M'T **Find It, Fix It, Flog It** Henry and Simon meet retired blacksmith Gyles.
1.00 **to 3.00** AM **Retro Electro Workshop**

+1hour 255 329

Tuesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Kent to view an eclectic collection.
9.00 **Vinnie Jones in the Country** New edition Vinnie runs out of jobs and boredom kicks in, but a visit from Dave Bassett inspires him.
10.00 **Meet the Rees-Moggs** New edition After another loss, Jacob is left questioning whether this could be the end.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married to Evil**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Documentary.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **The Night That Didn't End** A look into the case of Misty Carter.
10.00 **Bloodline Detectives** A woman is assaulted by a man in a ski mask.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Crystal Houston.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** The story of Percy Mapleton, who was looking for a way to a fast fortune.
8.00 **48 Hours** New edition The case of Marlene Warren, who was shot dead while her son looked on.
9.00 **Fatal Attraction** New edition When a single mother goes missing, police focus on the men in her life.
10.00 **Britain's Countryside Killers** New edition The 2017 murder of Ellen Higginbottom.
11.00 **Murder Calls**
12.00 M'T **Murder: First on Scene** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **48 Hours** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Written in Blood**
11.00 **Medical Detectives**
2.00 PM **Written in Blood** The bizarre case of a man dubbed 'The Rotherham Shoe Rapist'. **3.00** A look into the case of Peter Chapman.
4.00 **Medical Detectives** The murder of a rock singer. **4.30** A look into the case of a lawyer who was battered to death. **5.00** A professor helps find the killer of a missing university student. **5.30** Two women are found murdered and police think a serial killer is on the loose. **6.00** Using a pair of trainers to trace a killer. **6.30** A woman is found dead on a golf course.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught the Killer** Julie Jensen.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

6.00 AM **A.I. Revolution**
7.05 **The Cancer Detectives**
8.00 **America the Bountiful**
8.35 **Vikings: The Rise and...**
9.35 **Pearl Harbor: World...**
10.35 **Dive WWII: Our...**
11.50 **Hunting the KGB Killers**
1.00 PM **America the...**
1.50 **Vikings: The Rise and...**
2.50 **Pearl Harbor: World...**
3.55 **Dive WWII: Our...**
5.10 **Hunting the KGB Killers**
6.20 **Vikings: The Rise and Fall** Documentary.
7.20 **Pearl Harbor: World on Fire** 1/2. Documentary.
8.30 **Dive WWII: Our Secret History** Documentary.
9.45 **Hunting the KGB Killers**
10.55 **Pearl Harbor: World...**
12.00 M'T **Dive WWII: Our...**
1.15 AM **America the...**
1.50 **Vikings: The Rise and...**
2.40 **Hunting the KGB Killers**
3.35 **A.I. Revolution**
4.35 **The Cancer Detectives**
5.30 **to 6.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Sixties**
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **The Civil War**
10.05 **Shaq** As 7.00pm.
11.00 **Bad Host: Hunting the Couchsurfing Predator**
12.00 NOON **Bobby Robson: More Than a Manager**
2.00 PM **Stasi FC**
3.50 **My Icon: Chris Hughton**
4.00 **The Directors**
5.00 **Discovering: Michael Keaton**
5.55 **The Civil War**
7.00 **Shaq** 2/4. Shaquille signs a record-breaking contract with Los Angeles Lakers.
7.55 **The Man Who Wanted to Change the World** Series finale 2/2. Mauro Rostagno's final years and his brutal assassination.
9.00 **The Wimbledon Kidnapping**
11.00 **The Jinx: The Life and Deaths of Robert Durst** 3&4/6.
1.00 AM **Jealous Guy: The Assassination of John Lennon**
2.45 **The Forever Prisoner**
5.00 **to 6.00** AM **Discovering: Michael Keaton**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Great Parks of Africa**
10.00 **Wildlife Icons**
11.00 **Big Cat Country**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Great Parks of Africa**
4.00 **Wildlife Icons**
5.00 **The Wadden Sea**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall** The hunting strategies of whales and dolphins.
9.00 **Cub Camp**
10.00 **Brazil Untamed**
11.00 **The Wadden Sea**
12.00 M'T **Big Cat Country**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Whale with Steve Backshall**
3.00 **Cub Camp**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Great Parks of Africa**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WW2 Air Crash Detectives**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
2.00 **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **WW2 Air Crash Detectives**
5.00 **The Proof Is Out There: Military Mysteries**
6.00 **What on Earth?**
7.00 **Alien Files Reopened** An alien race encountered at Nellis Air Force base in the Nevada desert.
8.00 **How to Lose a War** Strategic catastrophes and doomed military decisions.
9.00 **History's Greatest Myths** Groundbreaking discoveries, inventions and inventors.
10.00 **History's Greatest Mysteries**
11.00 **The Secret Nazi Expeditions**
1.00 AM **Ancient Aliens**
2.00 **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **The Proof Is Out There: Military Mysteries**

Crime+Investigation

156 837 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Gone Bad with Will Mellor** Drew Peterson.
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Meet, Marry, Murder**
5.00 **Accident, Suicide or Murder?**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Fatal Family Feuds** New edition A woman is stabbed to death in her home.
10.00 **Sunshine Slayings**
11.00 **Cruise Ship Killers**
12.00 M'T **Buried in the Backyard**
1.00 AM **Fatal Family Feuds**
2.00 **An Hour to Kill**
3.00 **Somebody's Hiding Something**
4.00 **On the Case with Paula Zahn**
5.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Jaguar Beach**
3.00 **Rare Cat Skills**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** An aldabra tortoise falls ill, and a stingray is in need of some sun.
8.00 **Something Bit Me** A woman is attacked by one of Earth's oldest marine predators.
9.00 **Incredible Animal Journeys** A special edition exploring animal parenthood.
10.00 **Alaska: The Next Generation** Spring is on the horizon, and new challenges emerge.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries surrounding interstellar space, the space between the universe's stars, which reveal it may not be as desolate as previous thought.
8.00 **America's Most Secret: Structures** Behind the scenes of America's most classified sites and their activities.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** *Plato for Policemen:* DS Roach visits a familiar thief who is supposed to be going straight. **5.30** *Testimony*: DS Roach interviews a man suspected of burglary and rape. **6.00** *Decisions:* Bob Cryer returns to duty for the first time since he shot an armed robber. **6.30** *Know Your Enemy*: Dangerous criminal Tony Jarvis has been released from prison – and he has a score to settle.
7.00 **Top of the Pops** Music show.
7.40 **Pointless** Quiz show.
8.40 **The Brokenwood Mysteries** *Sour Grapes:* 2/4. Two murders are committed at the town's annual wine show. (S1)
10.40 **The Bill** Four episodes.
12.55 AM **Top of the Pops**
1.30 **Pointless** Quiz show.
2.30 **Inside the Ambulance**
3.25 **The Brokenwood Mysteries**
5.05 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 166

8.00 AM **Hometown Homicide**
9.00 **Murder Chose Me**
11.00 **Love, Honor, Betray**
1.00 PM **Murder Decoded**
3.00 **American Monster**
5.00 **Blood Runs Cold**
7.00 **Twisted Love** A case which began when a woman discovered her married son was engaging in an affair with his 14-year-old stepsister. **8.00** The fatal events after a nurse fell in love with her wheelchair-bound patient.
9.00 **Signs of a Psychopath** A mother claims not to know how her children died. An investigation reveals the tragedy isn't an accident but a carefully crafted killing. **9.30** A home invasion leads to the revelation of a woman's shocking double life.
10.00 **Evil Lives Here**
11.00 **Love Kills**
12.00 M'T **Deadliest Mums & Dads**
2.00 AM **Blood Runs Cold**
4.00 **to 6.00** AM **Twisted Love**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Alaska Mega Machines**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Planes That Never Flew** The Saunders-Roe SR177.
9.00 **Iron Resurrection** Joe and the team put the final touches on the 1951 Chevy 3100.
10.00 **Salvage Hunters: Classic Cars** Featuring a Renault 5 Gordini.
11.00 **Shed and Buried**
12.00 M'T **Planes That Never Flew**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Noah's Ark** Animated adventure. (2024, U, 96min)
7.40 **Sneaks** As shown at 4.45pm.
9.20 **Babes** As shown at 11.45pm.
11.10 **PREMIERE Coming 2 America**
1.10 PM **PREMIERE Borat Subsequent Moviefilm**
2.55 **I'll Be Right There** Comedy. (2023, 12, 93min) ★★★
4.45 **Sneaks** Animated comedy. (2025, PG, 92min) ★★
6.20 **The Wasp** Psychological thriller. (2024, 15, 96min) ★★★★

10.00 Borat Subsequent...

8.00 **PREMIERE Coming 2 America** Comedy sequel starring Eddie Murphy. Pampered crown prince Akeem faces a constitutional crisis without a male heir to ascend the throne of Zamunda. With Arsenio Hall. (2021, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **PREMIERE Borat Subsequent Moviefilm** Mockumentary sequel starring Sacha Baron Cohen. Borat returns to America intent on giving his 15-year-old daughter to the vice president. (2020, 15, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Babes** Comedy starring Ilana Glazer and Michelle Buteau. (2024, 15, 104min) ★★★★
1.45 AM **The Wasp** As 6.20pm.
3.30 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.00 AM **Sky Cinema Preview**
6.45 **Night Swim** (2024, 15) ★
8.40 **Arthur's Whisky** As 4.30am.
10.30 **There's Something in the Barn** Festive comedy horror. (2023, 15, 100min) ★★
12.25 PM **Robin and the Hoods**
2.20 **Mean Girls** As 12.40am.
4.20 **Ghostbusters: Frozen Empire** Supernatural comedy. (2023, 12, 115min) ★★★
6.20 **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★

4.20 Ghostbusters: Frozen...

8.00 **Blue Beetle** Fantasy adventure based on the DC Comics creation, starring Xolo Maridueña and Bruna Marquezine. An ancient relic of alien biotechnology chooses a college graduate as its symbiotic host. (2023, 12, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Flash** Adventure starring Ezra Miller. Barry Allen uses his super speed to change the past, but his attempt to save his family creates a world without superheroes. (2023, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Mean Girls** Musical adaptation of the 2004 teen comedy, starring Angourie Rice. (2023, 12, 112min) ★★★
2.40 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
4.30 **to 6.15** AM **Arthur's Whisky** Comedy with Diane Keaton. (2023, PG, 91min) ★★★

Sky Cinema Drama

310 410 510 524

7.40 AM **Ben-Hur** As 10.10pm.
11.30 **The Survivor** As 8.00pm.
1.45 PM **Five Easy Pieces** (1970)
3.30 **Meet Joe Black** Supernatural drama with Brad Pitt, Anthony Hopkins and Claire Forlani. (1998, 12, 181min) ★★★★
6.35 **Boy Meets Boy** Romantic drama with Matthew Morrison and Alexandros Koutsoulis. (2021, 15, 75min) ★★★
8.00 **The Survivor** Drama based on the story of Harry Haft, a survivor of the Auschwitz concentration camp who boxed his fellow inmates to stay alive. Stars Ben Foster and John Leguizamo. (2021, 15, 129min) ★★★★
10.10 **Ben-Hur** Spectacular multi-Oscar-winning epic starring Charlton Heston. In 1st-century Palestine, a Jewish prince and a Roman tribune become mortal enemies. (1959, PG, 212min) ★★★★★
1.55 AM **Five Easy Pieces** Cult drama starring Jack Nicholson. (1970, 15, 98min) ★★★★★
3.45 **The Damned United** Sports biopic starring Michael Sheen as football manager Brian Clough. (2009, 15, 98min) ★★★★
5.35 **to 7.00** AM **Boy Meets Boy**

Sky Cinema Sci-fi/Horror

311 411 511 525

7.20 AM **Ex Machina** As 11.25pm.
9.20 **Arcadian** As 2.50am.
11.05 **I Saw the TV Glow** As 4.30am.
1.00 PM **AfrAld** As 1.20am.
2.35 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
4.15 **Sinister** Horror thriller. (2012, 15, 105min) ★★★
6.15 **A Quiet Place** Horror starring Emily Blunt and John Krasinski. (2018, 15, 90min) ★★★★
8.00 **A Quiet Place: Day One** Horror thriller prequel starring Lupita Nyong'o. A cancer patient attempts to survive Earth's first contact with sightless creatures which hunt by sound. With Joseph Quinn and Alex Wolff. (2024, 15, 100min) ★★★★
9.45 **Gravity** Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91min) ★★★★★
11.25 **Ex Machina** Sci-fi drama. (2014, 15, 104min) ★★★★
1.20 AM **AfrAld** Sci-fi horror starring John Cho. (2024, 15, 84min) ★★
2.50 **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
4.30 **to 6.20** AM **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

8.10 AM **Patch Adams** As 8.55pm.
10.20 **Step Dogs** As 12.50am.
12.00 NOON **Batteries Not Included** As 10.55pm.
2.00 PM **Pan** Fantasy prequel. (2015, PG, 111min) ★★★
4.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
6.00 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
7.25 **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★

10.55 Batteries Not Included

8.55 **Patch Adams** Fact-based comedy drama starring Robin Williams, about an unorthodox medical student whose views put him at odds with the establishment. With Monica Potter and Philip Seymour Hoffman. (1998, 12, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

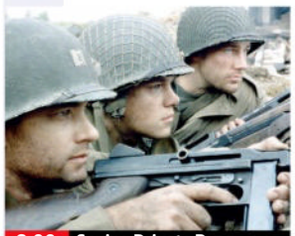
10.55 **Batteries Not Included** Sci-fi fantasy starring Hume Cronyn. (1987, PG, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Step Dogs** Family comedy. (2013, U, 82min) ★
2.25 **Robo-Dog** Sci-fi adventure. (2015, PG, 87min) ★★★
4.05 **Hot Dog Derby** Comedy. (2013, U, 82min) ★★
5.35 **to 7.05** AM **The Little Rascals** Family comedy. (1994, U, 83min) ★★

Sky Cinema Action

307 407 507 521

6.30 AM **Shaolin Soccer** (2001)
8.10 **The Cinema List: Westerns**
8.30 **Hellboy** As 10.55pm.
10.45 **Game of Death** As 3.25am.
12.35 PM **Gods of Egypt** As 1.15am.
2.50 **Shaolin Soccer** Hong Kong martial arts sports comedy. (2001, 12, 113min) ★★★
4.35 **Swordfish** Action thriller. (2001, 15, 99min) ★★★
6.20 **Hancock** Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★★


8.00 Saving Private Ryan

8.00 **Saving Private Ryan** Steven Spielberg's harrowing World War Two drama starring Tom Hanks, Matt Damon, Tom Sizemore and Edward Burns. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Hellboy** Comic-book horror fantasy starring Ron Perlman. (2004, 12, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Gods of Egypt** Fantasy starring Nikolaj Coster-Waldau and Brenton Thwaites. (2016, 12, 127min) ★★★
3.25 **Game of Death** Martial arts thriller. (1978, 18, 82min)
5.10 **to 6.50** AM **Game of Death II** Martial arts thriller sequel. (1980, 18, 96min)

Sky Cinema Comedy

308 408 508 522

6.00 AM **Dinner for Schmucks**
7.55 **Just Friends** As 1.50am.
9.45 **Ferris Bueller's Day Off**
11.30 **Bernard and the Genie** Comedy. (1991, PG) ★★★
12.55 PM **Talladega Nights: The Ballad of Ricky Bobby**
3.00 **David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★
4.40 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
6.20 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★

4.40 Sixteen Candles

8.00 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

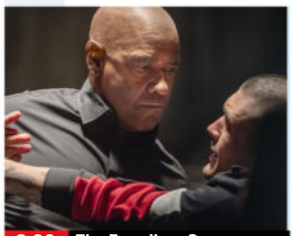
9.50 **Talladega Nights: The Ballad of Ricky Bobby** Action comedy starring Will Ferrell, John C Reilly and Sacha Baron Cohen. A stock car racer rises to the top, but his pride takes a dent when a Formula 1 driver challenges his supremacy. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
1.50 AM **Just Friends** Romantic comedy. (2005, 12, 94min) ★★
3.35 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
5.20 **to 6.55** AM **Sixteen Candles**

Sky Cinema Gangsters

309 409 509 523

6.05 AM **We Own the Night**
8.05 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
10.00 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
11.45 **Once Upon a Time in Mexico** Thriller. (2003, 15) ★★★
1.30 PM **We Own the Night** Crime drama. (2007, 15) ★★★
3.30 **Gran Torino** Drama. (2008, 15, 116min) ★★★★
5.30 **Bad Boys II** Comedy thriller sequel. (2003, 15) ★★★


8.00 The Equalizer 3

8.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington. Former government assassin Robert McCall takes on the mafia in southern Italy. With Dakota Fanning (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Pulp Fiction** Quentin Tarantino's comedy thriller starring John Travolta, Bruce Willis and Samuel L Jackson. (1994, 18, 154min) ★★★★★
3.10 **Ruthless** Action thriller. (2023, 15, 92min) ★★★
5.00 **to 6.40** AM **Boxcar Bertha** Martin Scorsese's crime drama. (1972, 18, 88min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Two-Way Stretch** Comedy starring Peter Sellers. (1959, b/w, U, 87min) ★★★★★
12.45 PM **A Kid for Two Farthings** Comedy. (1954, U) ★★★★
2.35 **All the King's Men** Oscar-winning drama. (1949, b/w, PG, 109min) ★★★★★
4.45 **Rio Grande** Vintage Western. (1950, b/w, U, 107min) ★★★★
6.55 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★

9.00 Moon

Sleepless in Seattle (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Moon** Sci-fi thriller starring Sam Rockwell. A solitary astronaut on a lunar mining base begins to question his sanity when he starts having hallucinations. With the voice of Kevin Spacey. (2009, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **Paul** Sci-fi comedy starring Simon Pegg and Nick Frost. A couple of British sci-fi fans go on a tour of America's UFO hotspots and pick up an extraterrestrial hitchhiker. (2011, 15, 104min) ★★★★
1.15 **to 3.25** AM **Anna and the Apocalypse** Horror musical comedy starring Ella Hunt. (2017, 15, 98min) ★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

6.00 AM **Carmen** Musical with Paul Mescal. (2022, 15, 116min) ★★★
8.00 **The Hanging Sun** Drama. (2022, 15, 93min) ★★
9.40 **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
11.25 **Dear John** Romantic drama. (2010, 12, 108min) ★★
1.15 PM **Crazy Rich Asians** Romantic comedy starring Constance Wu. (2018, 12, 120min) ★★★★
3.15 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
5.40 **Angels & Demons** Mystery thriller. (2009, 12, 138min) ★★
8.00 **Field of Dreams** Fantasy drama starring Kevin Costner as an Iowa farmer who hears a voice instructing him to build a baseball pitch for the ghost of a sporting legend. (1989, PG, 106min) ★★★★★
10.00 **Lawless** Crime drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
12.00 M'T **Minority Report** Thriller. (2002, 12, 145min) ★★★★
2.30 AM **Naked Lunch** Director David Cronenberg's adaptation of William Burroughs' cult novel. (1991, 18, 115min) ★★★
4.30 **to 6.30** AM **The Saint** Thriller spin-off. (1997, 12, 116min) ★★★

Sky Cinema Greats

304 404 504 518

6.15 AM **Fast Times at Ridgemont...**
8.00 **The Big Chill** As 3.00am.
10.00 **Weird Science** Teen comedy. (1985, 12, 94min) ★★★
11.35 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
1.30 PM **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
3.00 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
4.30 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
6.20 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
10.00 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
11.30 **Dazed and Confused** Richard Linklater's comedy drama. (1993, 15, 102min) ★★★★
1.20 AM **Fast Times at Ridgemont High** Teen comedy with Sean Penn and Jennifer Jason Leigh. (1982, 18, 90min) ★★★★★
3.00 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.35 AM **Under the Boardwalk**
8.10 **Fox and Hare Save the Forest**
9.40 **The Angry Birds Movie**
11.35 **The Angry Birds Movie 2**
1.15 PM **Monster Family 2** Animated family comedy sequel. (2021, U, 90min) ★
3.05 **Tom and Jerry: A Nutcracker Tale** As shown at 12.30am.
4.00 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
5.40 **The Angry Birds Movie** Animated family comedy. (2016, U, 97min) ★★★
7.35 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
9.20 **Under the Boardwalk** Animated musical comedy. (2023, PG, 83min) ★★★
11.00 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
12.30 AM **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U, 47min) ★★★
1.35 **Rock Dog** Animated adventure. (2016, PG, 90min) ★★★
3.10 **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
4.45 **to 6.10** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Movies 24

312 419

7.00 AM **Sparks Over Brooklyn** Drama. (2023, PG, 89min) ★★
9.00 **Hearts in the Game** Romantic comedy. (2023, PG, 84min) ★★
11.00 **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
1.00 PM **A Case for the Winemaker** Mystery. (2024, PG, 90min) ★★
3.00 **Romantic Rewrite** Romantic comedy starring Kristina Cole. (2022, PG, 82min) ★★
5.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
7.00 **Cut, Color, Murder** Mystery drama. (2022, PG, 84min) ★★
9.00 **A Harvest Homecoming** Romantic drama starring Jessica Lowndes and Trevor Donovan. A teacher reluctantly returns to his home town, and forms a romance with the mother of a new kid in class. (2023, PG, 85min) ★★
11.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
1.00 AM **Stepping into Love** Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★
3.00 **to 5.00** AM **A Taste of Christmas** Festive drama. (2023, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Frail Women** Drama. (1932, b/w, PG, 72min) ★★★
7.30 **Just William's Luck** Adventure. (1947, b/w, U, 92min) ★★
9.20 **The Blue Parrot** Thriller. (1953, b/w, PG, 71min) ★★
10.40 **Lydia** Drama. (1941, b/w) ★★★★
12.35 PM **Bank Shot** Comedy caper. (1974, PG, 83min) ★★★
2.15 **Sleeping Car to Trieste** Thriller. (1948, b/w, PG, 91min) ★★★
4.05 **Sherlock Holmes: Terror by Night** Mystery thriller. (1946, b/w, U, 60min) ★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 2/60. (S2)
7.35 **Dial 999** 19/39. (S1)
8.05 **Rumpole of the Bailey** (S7)
9.15 **Love for Lydia** 8/13. (S1)
10.20 **Cellar Club with Caroline Munro**
10.25 **Ben** Thriller starring Lee Harcourt Montgomery. (1972, PG, 100min) ★★
12.15 AM **Cellar Club with Caroline...**
12.20 **The Ninth Configuration** Drama. (1979, 15, 118min) ★★★★
2.35 **Cellar Club with Caroline Munro**
2.40 **Undercover Agent** Spy thriller. (1953, b/w, U, 52min) ★★★
4.00 **The Lost Hours** Thriller. (1952, b/w, PG, 72min) ★★
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 **LIVE Indian Premier League Lucknow Super Giants v Punjab Kings.** Coverage of the T20 match staged at BRSABV Ekana Cricket Stadium, Lucknow.
7.00 **Gillette Labs Soccer Special**
7.30 **LIVE EFL Bristol Rovers v Birmingham City.** Coverage of the League One match from Memorial Stadium, as the visitors travel south to try and pick up three important points in their quest for the title. The reverse fixture back in December saw goals from Lee Buchanan and Jay Stansfield give the Midlands club all three points. Kick-off **8.00pm**.
10.30 **Premier League Highlights**
11.30 **LIVE WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Bogota Open.
3.00 AM **LIVE ATP Tennis** Coverage of day two of the US Men's Clay Court Championship at River Oaks Country Club in Houston, Texas.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Manchester United v Manchester City from 2009/10.
5.00 **Premier League Best Goals** A selection of great strikes from the 1996/97 season.
6.00 **Transfer 360**
7.00 **Gillette Soccer Special**
10.15 **Soccer Special Post-Match**
10.30 **Premier League Highlights** Action from Arsenal v Fulham. **11.00** Wolverhampton Wanderers v West Ham United.
11.30 **Transfer 360** Nemanja Vidic.
12.00 M'T **Premier League Highlights** Action from Arsenal v Fulham. **12.30** AM Wolverhampton Wanderers v West Ham United.
1.00 **PL Retro** Chelsea v Manchester United from the 2011/12 season.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2019/20 play-offs.
9.00 **EFL Greatest Games**
10.00 **Retro League One**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights**
1.30 **EFL Highlights**
2.00 **WSL** Chelsea v West Ham United.
2.30 **Scottish Premiership Round-Up**
2.45 **SPFL Highlights**
3.00 **WSL** Leicester City v Tottenham.
3.30 **EFL Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **Scottish Premiership Round-Up**
5.45 **SPFL Highlights**
6.00 **WSL** Recent highlights.
7.00 **Scottish Premiership Round-Up**
7.15 **SPFL Highlights**
7.30 **LIVE EFL Bristol Rovers v Birmingham City.** The League One match from Memorial Stadium. Kick-off **8.00pm**.
10.30 **Scottish Premiership Round-Up**
10.45 **SPFL Highlights** Action from Dundee v Rangers.
11.00 **WSL** Chelsea v West Ham United.
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.45 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.00 **to 6.00** AM **1983: When Aberdeen Ruled Europe**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** A match replay.
10.10 **Ashes Greats** Archive action.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent highlights from India.
2.50 PM **LIVE Indian Premier League Lucknow Super Giants v Punjab Kings.** Coverage of the T20 match staged at BRSABV Ekana Cricket Stadium, Lucknow. The hosts won this meeting last year thanks to a relatively comfortable 21-run victory as they picked up their first win of the 2024 season. Lucknow made 199-8 in their 20 overs with Quinton de Kock top-scoring with 54 from 38 balls. In their reply the Kings could only make 178-5, despite Shikhar Dhawan hitting 70 from 50 balls.
7.00 **Ashes Greats** Archive action.
7.30 **Best of ICC WT20**
8.00 **IPL** Recent highlights, featuring Mumbai Indians v Kolkata Knight Riders, Lucknow Super Giants v Punjab Kings and Rajasthan Royals v Chennai Super Kings.
1.00 AM **IPL** A chance to see Lucknow Super Giants v Punjab Kings.
5.10 AM **Ashes Greats** Archive action.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **The Open Zone**
9.00 **Best of the Open Zone 2024**
10.00 **Nick Dougherty's Tee Time Tips**
11.00 **DP World Tour Golf**
11.30 **PGA Tour Golf** Houston Open.
12.30 PM **Golf Academy**
1.30 **Playing Lessons**
2.30 **The Open Zone**
3.30 **Best of the Open Zone 2024**
4.30 **DP World Tour Golf**
5.00 **PGA Tour Golf** Houston Open.
6.00 **On the Road with Iona Stephen**
7.00 **Asian Tour Golf**
8.00 **Europe! Europe!**
10.00 **Golf's Greatest Holes**
10.30 **On the Road with Iona Stephen**
11.30 **DP World Tour Golf**
12.00 M'T **PGA Tour Golf**
1.00 AM **Golf Academy**
2.00 **Playing Lessons** Golf tips.
3.00 **The Open Zone**
4.00 **Best of the Open Zone 2024**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Indian Wells.
6.30 **Tennis** Miami Open finals.
10.30 **LIVE ATP Tennis** Coverage of day two of the Bucharest Open, a clay-court tournament staged at Baza Sportive Nastase/Marica.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
9.00 PM **LIVE WTA & ATP Tennis** Further coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 AM **LIVE ATP Tennis** Coverage of day two of the US Men's Clay Court Championship at River Oaks Country Club in Houston, Texas.
5.00 **to 6.00** AM **Bitesize Tennis**

TNT Sports 1

410 870 521 408 430

6.30 AM **Serie A** Action from Italy.
8.30 **Superbike World Championship**
9.30 **Premier League Preview**
10.00 **The Rugby Review**
10.45 **HSBC SVNS Highlights**
11.45 **Sport in Focus**
12.00 NOON **Fishing: On the Bank**
1.00 PM **MLB Highlights**
2.00 **NBA** Grizzlies v Celtics.
3.30 **NBA Originals**
4.00 **I Believe in Miracles**
5.30 **Premier League Preview**
6.00 **The Premier League Breakdown Show**
7.00 **LIVE Premier League Nottingham Forest v Manchester United.** Coverage of the top-flight match from the City Ground. Kick-off **8.00pm**.
10.30 **Original Documentary**
11.45 **MotoGP Rewind**
12.00 M'T **NBA Tip-Off** A look ahead.
12.30 AM **LIVE NBA New York Knicks v Philadelphia 76ers.** Coverage from Madison Square Garden. Tip-off **12.30am**.
3.00 **LIVE NBA Denver Nuggets v Minnesota Timberwolves.** The Western Conference match from Ball Arena. Tip-off **3.00am**.
5.30 **to 6.30** AM **NBA Postgame**

TNT Sports 2

411 871 522 409 431

6.00 AM **Isuzu UTE A-League**
12.00 NOON **Premiership Rugby Union** Highlights from Sale Sharks v Northampton Saints. **1.00** PM Action from Exeter Chiefs v Newcastle Falcons. **2.00** Bath v Harlequins. **3.00** Gloucester v Bristol Bears. **4.00** Leicester Tigers v Saracens.
5.00 **The Rugby Review**
5.45 **Superbike Rewind** In Portugal.
6.00 **A-League Women Highlights**
6.30 **Isuzu A-League Highlights** The 24th round of fixtures.
7.00 **Cycling** Action from the Gent Wevelgem men's race in Belgium.
8.00 **T100 Triathlon World Tour** A countdown to the opening event.
8.30 **Powerlifting European Classic Championship** A look back at the latest event in Malaga, Spain.
9.30 **One Day International Cricket** New Zealand v Pakistan: Action from the first ODI in the three-match series at McLean Park.
10.30 PM **to 6.00** AM **LIVE One Day International Cricket New Zealand v Pakistan.** Coverage of the second ODI in the three-match series staged at Seddon Park in Hamilton.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
11.15 **My Icon** Sporting influences.
12.00 NOON **NFL Highlights** Kansas City Chiefs v Buffalo Bills in the AFC Championship match.
1.00 PM **Good Morning Football**
3.00 **Fight Night International** Jared Anderson v Andrii Rudenko.
4.00 **Super League Highlights**
5.00 **NFL Highlights** Detroit Lions v Washington Commanders in the second Divisional play-off match.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present the NFL talk show.
8.00 **NFL Highlights** Philadelphia Eagles v Los Angeles Rams in the third Divisional play-off match. **9.00** Highlights from Buffalo Bills v Baltimore Ravens in the fourth Divisional play-off match.
10.00 **The Rugby Championship** Australia v South Africa in 2024.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Top Rank Boxing Archive**
2.15 **Fight Night International** Jared Anderson v Andrii Rudenko.
3.15 **Top Rank Boxing Archive**
3.30 **Super League Highlights**
4.30 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
7.00 **Good Morning Sports Fans**
10.00 **The Football Show** A detailed look at the major stories making the football headlines this morning, with discussion and analysis of the big talking points.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
7.35 PM **LIVE EFL Cambridge United v Wrexham.** Coverage of the League One match at Abbey Stadium. An 89th-minute penalty from Dan Nlundulu rescued a point for Cambridge when these teams met in the reverse fixture in December. Kick-off **7.45pm**.
9.45 **LIVE WTA & ATP Tennis** Further coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Asian Tour Golf**
8.00 **PGA Tour Golf**
9.00 **Tennis** Miami Open finals.
11.00 **DP World Tour Golf**
11.30 **PGA Tour Golf**
12.30 PM **Golf Academy** Bunker tips.
1.00 **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **Tennis** Miami Open final.
6.00 **PGA Tour Golf**
7.00 **Asian Tour Golf**
8.00 **Fight Night International**
9.00 **WTA Tennis** Miami Open final.
10.00 **ATP Tennis** The Miami Open.
11.00 **Fight Night International**
1.00 AM **Asian Tour Golf**
2.00 **PGA Tour Golf**
3.00 **EFL Greatest Games**
4.00 **Best of the Open Zone 2024**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** Four match replays.
2.00 PM **Premier League Preview**
2.30 **MotoGP** Action from the Grand Prix of the Americas.
3.30 **MotoGP Chequered Flag**
4.30 **T100 Triathlon World Tour**
5.00 **MLB Highlights**
6.00 **NBA** A chance to see Memphis Grizzlies v Boston Celtics.
7.30 **MotoGP** Action from the MotoGP Grand Prix of the Americas.
8.30 **MotoGP Chequered Flag**
9.30 **Superbike World Championship Highlights** Action from round two of the season in Portugal.
10.30 **MLB Highlights**
11.30 **MLB Lead Off** A look ahead.
12.00 M'T **LIVE MLB New York Yankees v Arizona Diamondbacks.** Coverage of the inter-league match from Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Closer** Match reviews.
3.30 **MLB Classic** Archive action.
4.00 **to 6.00** AM **Cycling**

TNT Sports 4

414 876 524 411 434

6.00 AM **Spanish Women's Liga F**
7.00 **Women's T20 International Cricket** Recent highlights.
12.00 NOON **Spanish Women's Liga F**
1.00 PM **Cycling** Action from the men's Gent Wevelgem in Belgium. **2.00** Highlights of the women's Gent Wevelgem from Belgium.
3.00 **Snowboarding** Highlights from Engadin in Switzerland.
5.00 **Ski Jumping** Highlights from the HS240 ski flying events in Planica.
7.30 **Freestyle Skiing** Action from the halfpipe finals in Switzerland.
8.30 **Ninja A-League Women Highlights** Recent action.
9.00 **Isuzu A-League Highlights** The 24th round of fixtures.
9.30 **NBA Originals** Archive action.
10.00 **NBA** A chance to see Memphis Grizzlies v Boston Celtics.
11.30 **Premier League Stories**
12.00 M'T **AFL** A replay of Essendon Bombers v Port Adelaide Power.
2.00 **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **World Surf League**
8.00 **Champions Cup Highlights**
9.00 **LaLiga Match Highlights**
9.30 **Rugby Union Highlights**
11.00 **Scottish Football Social Club**
12.00 NOON **Kart Racing**
1.30 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **Champions Cup Highlights**
4.00 **PSA Squash Highlights**
5.00 **NASCAR Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 **Top 14 Rugby Union Highlights**
8.00 **LaLiga** Highlights and features.
8.25 **LIVE Copa Del Rey Real Madrid v Real Sociedad.** Semi-final second-leg. Kick-off **8.30pm**.
11.30 **Football** Highlights and features.
2.00 AM **Top 14 Rugby Union**
2.30 **NHL: This is Hockey**
3.00 **to 6.00** AM **LIVE NHL Ice Hockey Vegas Golden Knights v Edmonton Oilers.**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **Africa Eco Race**
10.00 **Top 14 Rugby Union**
12.00 NOON **NHL** Philadelphia Flyers v Nashville Predators.
2.00 PM **PSA Squash Tour**
5.00 **LaLiga** Barcelona v Girona.
6.55 **Football's Greatest**
7.25 **LaLiga Specials** A look back at the best goalkeepers of 2024.
7.40 **LIVE German Cup Arminia Bielefeld v Bayer Leverkusen.** Coverage of the semi-final from SchucoArena. Kick-off **7.45pm**.
10.30 **Football's Greatest**
11.00 **Bike World** Magazine.
11.30 **Indy Autonomous Challenge**
12.00 M'T **LIVE NHL Ice Hockey Montreal Canadiens v Florida Panthers.** Coverage of the Eastern Conference match from Bell Centre. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Recent action.
1.10 PM **F1 Features**
1.30 **F1 Academy: Weekend Wrapped** Chinese Grand Prix.
2.00 **Formula 1** Japanese Grand Prix.
4.10 **Formula 1** Season highlights. **5.00** Another chance to see the 2019 Japanese Grand Prix.
7.05 **Formula 1** Season highlights. **7.30** Japanese Grand Prix.
12.15 AM **Formula 1** Season highlights.
12.25 AM **Stefano Domenicali**
12.30 **Formula 1** Recent action.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 2 April

Evening Planner

Factual

Worst House on the Street
C4, 8pm
Stuart and Scarlette Douglas return with the property series in which they help families transform homes on a budget.

Football

Premier League
Sky Sports Main Event & Sky Sports Premier League, k-o 8pm
Coverage of Liverpool v Everton in the Merseyside derby, an often fiery affair.

Documentary

The Real Ruth Ellis
ITV1, 9pm
Documentary delving into the facts of the case which led to Ruth Ellis becoming the last woman to be executed in Britain.

OnDemand

NETFLIX

Banger
Available today
Vincent Cassel stars in this French comedy drama as a washed-up DJ who is recruited to help take down a criminal gang.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Rose Ayling-Ellis: Old Hands, New Tricks		10.00 News; Local News	10.40 Match...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Air Fryer: The Secret Genius of...		9.00 Surgeons: At the Edge of Life		10.00 What We Do...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 The Real Ruth Ellis		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Worst House on the Street		9.00 Grand Designs		10.00 Building Britain's Superhomes	
	105 5	7.00 Shop Smart, Save Money		8.00 Murder: The Incident Room		9.00 Volcano with Dara O Briain		10.00 The Body in the Bag: Who Killed...	
	106 SKY SHOWCASE	7.00 The Simpsons				9.00 Rob Beckett's Smart TV	9.50 Ricky Gervais: Science		
ENTERTAINMENT	115 BBC3	7.00 Top Gear				9.00 Film: Easy A			10.30 Suits
	116 BBC4	7.00 Frozen Planet II		8.00 Shackleton's Cabin	8.50 Timeshift: Of Ice and Men		9.50 Glacier...	10.15 Take Me Home	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 The Murder of Abi Fisher: Social...		10.00 Plebs	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Griff's Great Kiwi Road Trip		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 First Dates		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 The Equalizer		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.40 Six Feet Under	7.45 Game of Thrones			9.00 The White Lotus		10.10 Gangs of London	
	110 U&GOLD	◂ 6.55 Only Fools and...	7.35 Dad's Army			9.00 Men Behaving Badly		10.05 dinnerladies	
	111 U&DAVE	7.00 Would I Lie to You?...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 World's Most Dangerous Roads	
	119 ITV3	◂ 6.55 Heartbeat		8.00 McDonald & Dodds				10.00 Foyle's War	
	120 ITV4	◂ 6.45 Snooker: Tour Championship – Live: Coverage of the afternoon session on day three						10.00 River Monsters	10.30 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Tom Allen Absolutely Live		10.00 8 Out of 10...	10.30 Teachers
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Freddie Down Under		9.00 Rob Beckett's Smart TV	9.50 Hacks		
	109 U&ALIBI	7.00 The Mentalist		8.00 Death in Paradise		9.00 Miss Scarlet		10.00 Father Brown	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Art of Architecture		9.00 I Am Alfred Hitchcock			10.40 Art's...
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Cops on the Rock		9.00 Louis Theroux: Surviving America's Most Hated Family			10.20 Louis Theroux...
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Divers		10.00 Filthy Fortunes	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Jungle Shark		9.00 Deadliest Sharks		10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Destruction Decoded		9.00 Car S.O.S.		10.00 No Taste Like Home with Antoni...	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Pawn Stars		9.00 The Curse of Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Guy's Road to Chernobyl		8.00 Great Coastal Railway Journeys		9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 Shaq		8.00 Eyes on the Prize III		9.00 Film: 4 Little Girls			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 Coming 2 America		8.00 Borat Subsequent Moviefilm			9.45 Horizon: An American Saga – Chapter 1		
	302 BOOKS TO SCREEN	◂ 5.50 Inferno		8.00 Minority Report					10.25 Battle Royale
	303 HITS	◂ 6.15 The Hangover		8.00 The Hangover Part II				9.55 The Hangover Part III	
	304 GREATS	◂ 6.30 Airplane!		8.00 Beverly Hills Cop 3				10.00 The Naked Gun 33 1/3: The Final Insult	
	305 ANIMATION	◂ 5.50 Kung Fu...	7.25 Smurfs: The Lost Village			9.00 Rock Dog 3: Battle The Beat			10.35 Tom and...
	306 FAMILY		7.15 Mr Bean's Holiday		8.50 The Little Rascals				10.20 Beethoven's 2nd
	307 ACTION	◂ 6.30 High Heat		8.00 Fast & Furious 6					10.15 Law Abiding Citizen
	308 COMEDY	◂ 6.30 The Naked Gun		8.00 The Boat That Rocked					10.20 Fletch
	309 GANGSTERS	◂ 5.45 Chinatown		8.00 Bad Boys: Ride or Die				10.00 Pulp Fiction	
	310 DRAMA	◂ 6.10 Dunkirk		8.00 Lost in Translation			9.50 Sundown		
	311 SCI-FI	◂ 6.10 I Am Legend		8.00 Interstellar					
	313 FILM4	◂ 6.10 Transformers: Revenge of the Fallen				9.00 Copshop			
SPORT	401 MAIN EVENT	7.00 Premier League – Live: Liverpool v Everton (Kick-off 8.00)							
	402 PREMIER LEAGUE	7.00 Premier League – Live: Liverpool v Everton (Kick-off 8.00)							
	403 FOOTBALL	7.00 WSL	7.30 EFL Highlights			9.00 Bundesliga Highlights Show		10.00 EFL Highlights	
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	◂ 6.00 MLB – Live: Milwaukee Brewers v Kansas City Royals (Start-time 6.10); Miami Marlins v New York Mets (Start-time 9.40)							
	411 TNT SPORTS 2	7.00 One Day International Cricket		8.00 Men's Cycling World Tour		9.00 NBA			

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Wednesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition A British officer on patrol struggles with the 30-degree heat. (S)
2.30 **Clive Myrie's Caribbean Adventure** Clive brushes up on his Jamaican patois. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Election Broadcast** (S)

9.00 Old Hands, New Tricks

7 PM

7.00 **The One Show** Alex Jones and Angellica Bell present the topical show. (S)
7.30 **EastEnders** Sharon receives conflicting information and demands answers from Vicki, while Peter learns a shocking truth. (S)(AD)

8 PM

8.00 NEW SERIES **The Repair Shop** The experts attempt to repair an engraved braille watch, a vintage projector from Uganda, a 130-year-old fire screen and a leather kangaroo toy. (S)(AD)

9 PM

9.00 **Rose Ayling-Ellis: Old Hands, New Tricks** Series finale 2/2. Rose invites children from the local deaf school to test her students and the group prepare for a public performance. (S)(AD) ■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day** Highlights of the midweek Premier League matches, including Liverpool v Everton at Anfield, Newcastle United v Brentford at St James' Park and Arsenal v Fulham at the Emirates Stadium. (S)
12.10 AM NEW SERIES **MOTD Top Ten: Captains** Gary Lineker, Alan Shearer and Micah Richards count down the best captains in Champions League history. (S)
12.40 **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** From Kent. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Dom Digs In** (S)(R)(AD)
3.45 **Chris and Meg's Wild Summer** (R)
4.15 **Sea Cities** In Portsmouth. (S)(R)
5.15 **Flog It!** From Surrey. (S)(R)
6.00 **Richard Osman's House of Games** Scarlette Douglas, Max George, Susie McCabe and Olly Smith test their trivia skills. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 18/20. Michael Portillo's journey reaches Rennes, capital of Brittany. (S)

8.00 Air Fryer: The Secret Genius...

7 PM

7.00 **Celebrity Antiques Road Trip** New edition Queen of motorsports Suzi Perry and broadcasting legend Bob Harris compete in a battle of antiques in the south east England, with the help of experts Margie Cooper and Raj Bisram. (S)

8 PM

8.00 NEW SERIES **Air Fryer: The Secret Genius of Modern Life** 1/5. Hannah Fry takes a look at the kitchen device, going behind the scenes with air fryer originators Philips and tracing its history back to its creation. (S)

9 PM

9.00 **Surgeons: At the Edge of Life** Series finale 6/6. Doctors at NHS Lothian perform a high-risk surgery to save their patient's sight, and three specialists work together to treat a complex case of advanced ovarian cancer. (S)(AD)

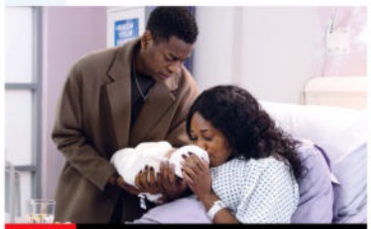
10 PM

10.00 **What We Do in the Shadows** New episode *The Campaign:* 4/10. Colin runs for office, and Nandor makes a friend. (S5) (S) ■ Entire series on BBC iPlayer
10.25 **Laugh Lessons** (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 NEW **The Watermelons: Myanmar's Military Moles** A look inside the 'watermelon unit' of the Myanmar military, which is riddled with soldiers betraying their colleagues. (S)(AD)
11.30 **How to Die: Simon's Choice** (S)(R)
12.55 AM **Sign Zone: Great British Menu: The Finals** Double bill. (S)(R)
2.55 **Sign Zone: Thames Water: Inside the Crisis** (S)(R)(AD)
3.55 **to 6.45** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with James Buckley, Mark Labbett and Mwaksy Mudenda. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.20 **Party Election Broadcast** By the Liberal Democrats. (S)
6.30 **ITV News** (S)



8.00 Coronation Street

7 PM

7.30 **Emmerdale** Ella seems to be causing trouble, Jimmy gives Pollard hope, and Marlon has a decision to make. (S)(AD)

8 PM

8.00 **Coronation Street** Dee-Dee's ordeal leaves her with a tough decision to make, Ronnie lashes out at Mick, Kevin and Julie bond over their health woes, while Daisy and Christina make a fool of Jenny. (S)(AD)

9 PM

9.00 NEW **The Real Ruth Ellis** Documentary examining the the turbulent life of the Welsh nightclub worker, her volatile love affair with David Blakely, and the crime that led to her being the last woman hanged in Britain. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **Gallagher Premiership Unleashed** Action from the 13th round of fixtures, including Bath v Harlequins and Gloucester Rugby v Bristol Bears. (S)(R)
12.05 AM **Teleshopping**
3.00 **Tonight: Battle of the Bins – End of Weekly Collections?** (S)(SL)(R)
3.25 **The Dry** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** Game show. (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 1-4/26. (S8) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/24. (S2) (S)(R)(AD)
11.10 **Celebrity Undercover Boss USA** Idina Menzel meets unknown but aspiring musical talents. (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** Victoria and Stephen get some feedback on their vegan retreat. (S)(R)
5.00 **Chateau DIY** New edition Terry and Ashley rush to finish their first guest room. (S)(AD)
6.00 **A Place in the Sun: What Happened Next?** Catching up with past house-hunters in Corfu and France. (S)(R)

9.00 Grand Designs

7 PM

7.00 **News** (S)

8 PM

8.00 NEW SERIES **Worst House on the Street** Newlyweds Ben and Millie set brother-and-sister property developers Scarlette and Stuart Douglas their biggest challenge to date with a huge renovation project in Chester. (S)(AD)

9 PM

9.00 **Grand Designs** New edition Kevin McCloud follows HR and technology directors Sarah and Pip as they attempt to transform a 150-year-old barn into a modern five-bedroom home, with a budget of £420,000. (S)(AD)

10 PM

10.00 **Building Britain's Superhomes** New edition Guy Phoenix and his team tackle the construction of the top floor of his new superhome, which will require an enormous amount of steel to be craned in. (S)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
1.00 AM FILM **Dreamland** Romantic drama set during the Great Depression, starring Finn Cole and Margot Robbie. (S)(SL) (2019, 15, 100min) ★★★★
2.40 **Kill List: Hunted by Putin's Spies** 1&2/2. Documentary. (S)(SL)(R)
4.30 **Kirstie's Fill Your House for Free**
4.50 **Kirstie and Phil's Love It or List It** From Albrighton. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** Discussion show hosted by Vanessa Feltz. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **Til Death Do Us Part** Mystery starring Candace Cameron Bure and Niall Matter. (S)(R)
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition 3/10. *Valiant Lady* prepares for her next port of call on the party island of Ibiza. (S)
5.00 **News** (S)
6.00 **Eggheads** Plymouth quizzers Marooned 5 take part. (S)(R) **6.25** The Black Bird Club take on the quiz experts. (S)(R)
6.55 **News** (S)

4.00 The Cruise: Welcome...

7.00 **Shop Smart, Save Money** New edition Gaby Roslin and Ortis Deley are joined by three kitchen porters to test different brands of washing-up detergent. (S)
7.55 **News** (S)
8.00 NEW SERIES **Murder Scene: The Incident Room** 1/4. Cameras follow detectives as they piece together evidence to solve crimes, starting with the murder of 19-year-old Aya Hachem in Blackburn. (S)
9.00 **Volcano with Dara O Briain** Series finale 2/2. The comedian travels to mainland Italy and learns about a deadly phenomenon known as a pyroclastic flow. In Naples, he explores the story of Mount Vesuvius. (S)
10.00 **The Body in the Bag: Who Killed Gareth Williams?** Exploring the case of Gareth Williams, a GCHQ employee on secondment to MI6 who was found dead inside a padlocked duffel bag in the bath of his London flat. (S)(R)
11.30 **I Escaped a Murderer** The story of a woman kidnapped by killer Michael Sams. (S)(R)
12.30 AM **Friends** (S2) (S)(R)(AD)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** 17&18/24. (S2) (S)(R)
3.50 **Britain by Bicycle with Larry & George Lamb** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 14/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Lisa Gets an F1:* Lisa becomes a professional go-kart racer as a way to control her anxiety. (S)(R) **5.30** *Ae Bonny Romance:* Willie is kidnapped and the family follow him to Scotland. (S)(R)
6.00 **The Office (US)** 10/22. Michael arranges a Christmas party for the staff members. (S)(R) **6.30** 11/22. Michael takes the staff on a cruise, but things don't go to plan. (S2) (S)(R)

9.00 Rob Beckett's Smart TV

7.00 **The Simpsons** *Clan of the Cave Mom:* A parenting disagreement becomes a life-or-death struggle for survival. (S)(R) **7.30** *Night of the Living Wage:* Marge gets a job in a high-pressure kitchen. (S)(R)
8.00 **The Simpsons** *Cremains of the Day:* Homer, Lenny, Carl and Moe go on a road trip. (S)(R) **8.30** *The Tell-Tale Pants:* Marge secretly spends a windfall on herself when she gets angry with Homer. (S)(R)
9.00 **Rob Beckett's Smart TV** New edition Guests Chris McCausland, Jason Watkins, Charlotte Ritchie and Richard Madeley take part in the comedy panel show. (AD)
9.50 **Ricky Gervais: Science** The comedian's fourth stand-up show, recorded at London's Hammersmith Apollo. On a stage constructed to resemble Frankenstein's laboratory, he shares his thoughts on topics including science, religion, racism and obesity. (S)(R)
11.20 **A League of Their Own: The Rally** 2/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis continue their race. (R)
12.15 AM **The Force: North East** The cells fill up during a busy Saturday night shift. (S)(R)
1.10 **Brit Cops: War on Crime** (R)
2.05 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 14/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland (S) **3.15-3.45** Clive Myrie's Caribbean Adventure (S)(R) **12.10am** Scotcast (S)(R) **12.40** NEW SERIES MOTD Top Ten – Captains (S) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.25pm Hardy Bucks New episode (S) **11.05** Kinahan: The True Story of Ireland's Mafia (S)(R) **12.05am** What We Do in the Shadows New episode (S)(AD) **12.30-12.55am** The Watermelons: Myanmar's Military Moles (S)(R)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Welsh Whisperer – Ni'n Teithio Nawr! (AD) **1.30** Adre **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Byd Eithafol: Neo-Nazis yn Ein Plith **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sain Ffagan **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Y Sin New edition (AD) **8.55** Newyddion a'r Tywydd **9.00** Gogglebocs Cymru New edition **10.00** 24 Awr Newidiodd Gymru **10.45-11.50pm** Ar Brawf (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The presenters try to build mobility scooters.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson and James May pay tribute to car manufacturer Saab.
9.00 FILM **Easy A** Teen comedy starring Emma Stone. A high-school student makes herself notorious after telling a white lie about losing her virginity. With Penn Badgley and Amanda Bynes. (2010, 15, 92min) ★★★★
10.30 **Suits** 5/16. Harvey's rival Travis Tanner turns up on the other side of a case. **11.10** Donna attempts to make Mike and Rachel's dream wedding come true by blackmailing a couple. (S5)
11.50 **The Tooney and Russo Show** New edition 4/12. The duo answer fan questions.
12.20 AM **Starstruck** 3&4/6. (S3)
1.10 **Top Gear** As 7.00pm.
2.10 **The Big Proud Party Agency** Double bill.
3.10 **Paranormal: Britain's Last Witch** Documentary.
3.40 **to 3.55** AM **Quiet Life**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Frozen Planet II** The wildlife of Antarctica.
8.00 **Shackleton's Cabin** The restoration of the ship's cabin in which Ernest Shackleton died in 1922.
8.50 **Timeshift: Of Ice and Men** A look at mankind's fascination with the frozen continent of Antarctica.
9.50 **Glacier Mountain Goats** The challenges facing goats in Glacier National Park.
10.00 NEW **Tony Marchant Remembers... Take Me Home** The writer looks back on his 1989 drama.
10.15 **Take Me Home** 1/3. Drama starring Keith Barron and Maggie O'Neill. A middle-aged married man has an affair with a younger, married woman. (S1)
11.15 **Take Me Home** 2&3/3. (S1)
1.15 AM **Shackleton's Cabin**
2.05 **Design Classics: The London Underground Map**
2.30 **Design Classics: The Sony Walkman**
3.00 **to 4.00** AM **Frozen Planet II**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.30 **A New Life in the Sun**
11.30 **Narrow Escapes**
1.35 PM **Come Dine with Me** Five editions of the culinary contest from Manchester.
4.15 **Four in a Bed** Five editions of the B&B challenge.
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1972 Ford Escort Mexico belonging to a Jersey resident with blood cancer, but find some parts of the car are not salvageable.
7.55 **The Dog House** A large Newfoundland makes a favourable first impression on one family, but the staff are worried about his habit of showering slobber.
9.00 **Griff's Great Kiwi Road Trip** New edition 2/4. On the Coromandel Peninsula, Griff Rhys Jones spots Auckland's many extinct volcanos, then heads to the newest piece of land on the planet: the ever-expanding White Island volcano.
10.00 **24 Hours in A&E** A man is rushed to St George's with internal bleeding from his femoral artery.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** Medical series.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Sienna's health fears continue to grow, and a new friendship blossoms.
7.30 **Married at First Sight Australia** New edition As friends and family week continues, one of the original husbands makes a revelation that shocks his bride.
9.00 **First Dates** Lauren from *The Real Housewives of Cheshire* is looking to move on after her divorce.
10.00 **Gogglebox** Opinions on *Killing Eve* and *Our House*.
11.05 **Naked Attraction's Best Naughty Bits**
12.05 AM **First Dates**
1.15 **Married at First Sight Australia** As 7.30pm.
2.30 **Gogglebox**
3.30 **Abbott Elementary**
3.55 **Modern Family**
4.20 **The Goldbergs**
5.15 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime

Wednesday primetime

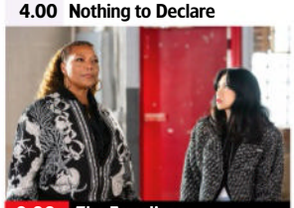
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 13/16. (S5)
12.00 NOON **The Good Doctor** (S3)
1.00 PM **The Rookie** 7/14. The cops analyse a recent case featuring a former child actor with a cult following. (S3)
2.00 **Chicago Fire** 5/13. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**


9.00 The Equalizer

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI: Most Wanted** *Patriots:* 2/22. Jess and the team head to Washington to search for a dangerous fugitive. (S3)

9 PM
9.00 **The Equalizer** New episode *Guns and Roses:* A young girl is killed in the crossfire of a shootout. (S5)

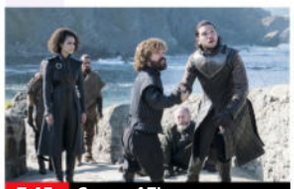
10 PM
10.00 **Fire Country** *Where There's Smoke:* 3/22. The crew stumble across an illegal marijuana farm in a remote forest. (S1)
11.00 **The Rookie** 10/22. (S5)
12.00 M'T **FBI** 2/22. (S1)
1.00 AM **FBI: Most Wanted** (S3)
2.00 NEW SERIES **Law & Order: Special Victims Unit** (S26)
3.00 **The Good Doctor** 3/20. (S3)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** (S6&7)
10.05 **Six Feet Under** 2&3/12. (S4)
12.10 PM **Game of Thrones** (S7)
1.25 **Westworld** 6&7/8. (S4)
3.35 **True Blood** 10/10. Sookie evaluates her future. **4.40** 1/10. The human find themselves working with the uninfected vampires. (S7)
5.40 **Six Feet Under** 2/12. Keith starts work as a bodyguard. **6.40** 3/12. Claire discovers Edie is a lesbian. (S4)


7.45 Game of Thrones

7.45 **Game of Thrones** *The Queen's Justice:* 3/7. Jon and Daenerys finally meet, Sansa receives an unexpected visitor and Sam is confronted for his actions. (S7)

9.00 **The White Lotus** *Killer Instincts:* Dark comedy drama set in a luxury resort in Thailand. (S3)

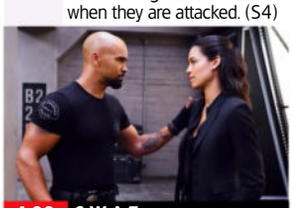
10.10 **Gangs of London** 2/8. Sean, Billy and Cornelius make a drastic attempt to reclaim London, while Elliot seeks answers. (S3)
11.15 **Homicide: Life on the Street** 1/22. Pembleton investigates a body at an arson scene. (S4)
12.15 AM **Succession** 5&6/9. (S3)
2.40 **Band of Brothers** 10/10. (S1)
3.50 **Game of Thrones** As 7.45pm.
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S3)
8.00 **The Flash** 2/13. (S9)
9.00 **Stargate SG-1** (S4)
11.00 **Supergirl** 11/22. (S2)
12.00 NOON **The Flash** 3/13. (S9)
1.00 PM **Hawaii Five-0** (S3)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 14/22. (S1)
5.00 **Supergirl** 10/22. Kara is intent on recapturing Livewire after she breaks out of prison. (S2)
6.00 **Stargate SG-1** 19/22. Carter takes a cadet under her wing, but soon regrets her decision when they are attacked. (S4)


4.00 S.W.A.T.

7.00 **Stargate SG-1** *Entity:* 20/22. An alien probe downloads itself into the computer system and takes over. (S4)

8.00 **Freddie Down Under** 5/6. Andrew plans a Valentine's Day surprise for Rob at the top of Sydney Harbour Bridge.

9.00 **Rob Beckett's Smart TV** New edition With Jason Watkins, Richard Madeley and Chris McCausland.
9.50 **Hacks** *Just for Laughs:* 1/9. Deborah prepares to attend an awards ceremony in Montreal. **10.30** *Better Late:* 2/9. Deborah finally agrees to appear on *Late Night*. (S3)
11.10 **Hacks** 3&4/9. Double bill of the comedy drama. (S3)
12.30 AM **A League of Their Own: The Rally** 2/3. The gang continue their race in France.
1.30 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 14/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
11.55 **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **In with a Shout**
3.00 **Hart of Dixie** 3/22. Zoe enters a cooking competition. (S1)
4.00 **Gilmore Girls** 3/22. Lorelai is pressured to set a date for the wedding. (S6)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Ade Adepitan, Clare Balding and Robert Webb.

9.00 The Murder of Abi Fisher

7.00 **Deal or No Deal** Stephen Mulhern hosts as Jack takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **The Murder of Abi Fisher: Social Media Murders** The disappearance of 29-year-old school teacher Abi Fisher.

10.00 **Plebs** 7/8. The boys bump into an old schoolmate. **10.30** 8/8. Cynthia and Metalla are at risk of being deported. (S2)
11.05 **Family Guy** 8/21. Brian kills a fellow dog accidentally. **11.35** 1/21. (S8)
12.05 AM **American Dad!** (S4&3)
1.05 **Bob's Burgers** (S7)
1.55 **Plebs** 7&8/8. (S2)
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *A Hero for Our Time.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **Endeavour** *Nocturne:* The murder of a museum specialist leads Morse to a school with a dark history.
5.50 **Heartbeat** *Golf Papa One Zero:* Walker falls for his nurse after being beaten up.

8.00 McDonald & Dodds

6.55 **Heartbeat** *The Long View:* PC Walker gets a tempting offer from an old friend, but Sgt Miller is less than impressed.

8.00 **McDonald & Dodds** *The Fall of the House of Crockett:* 1/2. Drama starring Jason Watkins and Tala Gouveia as chalk-and-cheese police partners solving crime on the streets of Bath, starting with the murder of a homeless man. (S1)

10.00 **Foyle's War** *The Funk Hole:* As Foyle and his team search for a missing boy, their investigation leads them to a less than inviting hotel – and a grim discovery in the woods.
12.00 M'T **Endeavour** As 3.50pm.
1.45 AM **Where the Heart Is**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Tales of Para Handy** 3/6. The crew rescue a drifting boat. **8.20** 4/6. The crew become marooned in a small island village. (S1)
9.10 **Confessions of a Teenage Fraudster** 2/3. The continuation of Elliot Castro's period as a fraudster.
9.55 **Loop** Sean Wai Keung performs a poem about his grandparents.
10.00 **River City** New episode Lenny tries to maintain a jovial disposition, but his mental state worsens.
10.30 **Jules and Greg's Wild Swim** 4/6. Julie Wilson Nimmo and Greg Hemphill head to the lochs of the Highlands.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **David Wilson's Crime Files**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** 8/8. (S3)
8.45 **Run** 1/7. (S1)
9.20 **The Conners** (S3)
10.15 **Veep** 5&6/10. (S3)
11.25 **Ballers** (S3&4)
12.40 PM **Curb Your Enthusiasm** (S6&7)
1.55 **Veep** 5&6/10. (S3)
3.05 **Ballers** (S3&4)
4.25 **Crashing** 8/8. (S3)
5.05 **Run** 1/7. (S1)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S2&3)
7.40 **Curb Your Enthusiasm**
9.00 **The Righteous Gemstones** New episode 4/9. Baby Billy and the siblings scheme to exploit Aimee-Leigh's memory. (S4)
9.50 **Ricky Gervais: Science**
11.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.20 AM **Entourage** (S7)
1.20 **Sex and the City** (S4)
2.40 **Girls** 7&8/10. (S1)
3.50 **Crashing** 8/8. (S3)
4.25 **to 5.00** AM **Run**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Classic FM Live: Greatest Hits of Opera**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **Classic Movies**
12.00 NOON **Landscape Artist of the Year 2022**
1.00 PM **Tales of the...**
2.00 **The Timeless Louvre**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist of the Year: Celebrity Special**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Art of Architecture**
9.00 **I Am Alfred Hitchcock**
10.40 **Art's Wildest Movement**
11.55 **Borromini: The Dark Side of Baroque**
2.00 AM NEW SERIES **Science Fiction in the Atomic Age**
3.00 **Rankin's 2020**
3.50 **Inside Art**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare UK**
4.00 **Primeval** 4/7. (S2)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** *Dark Frontier – Part Two:* 16/26. Janeway tries to rescue Seven. (S5)
8.00 **Hawaii Five-0** *Mai ka po mai ka 'oia'i'o:* 9/25. A renowned urban vigilante is killed. (S9)
9.00 **The Rookie** 3&4/14. Double bill. (S3)
11.00 **Britain's Most Evil Killers** John Cannan.
12.00 M'T **Grimm** 5/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **The Family Diaries**
9.10 **Fletchers' Family Farm**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **The Family Diaries**
1.10 **The Only Way Is Essexmas** Reality series.
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Great Chocolate Showdown**
8.00 **Dinner Date**
9.00 **The Real Housewives Ultimate Girls' Trip**
10.00 **The Only Way Is Essex**
11.05 **Botched** Medical series.
12.00 M'T **The Only Way Is Essex** Reality series.
1.00 **to 1.30** AM **Buying the View**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 7/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 12/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 20-23/25. Four episodes. (S5)
9.00 **Randall and Hopkirk (Deceased)** *The Trouble with Women:* 23/26. Jeff and Marty investigate a crooked gambling club. (S1)
10.00 **The Avengers** *False Witness:* 7/33. Steed investigates a suspected blackmailer. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Protectors**
6.35 **Minder**
7.25 **The Sweeney**
8.25 **The Saint**
9.30 **Magnum, PI**
10.35 **Kojak**
11.40 **Gallagher Premiership Unleashed** Recent highlights, featuring Bath v Harlequins.
12.45 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day three at Manchester Central.
4.30 **Minder**
5.35 **The Sweeney**

5.35 The Sweeney

6.45 LIVE Snooker: Tour Championship Jill Douglas presents coverage of the evening session on day three from Manchester Central, featuring two quarter-finals. With analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, and commentary by David Hendon and Phil Yates.

10.00 River Monsters A predatory creature in the Zambezi River.
10.30 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.25 AM **Ligue 1 Highlights**
1.00 **Minder**
1.55 **BattleBots**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 17/26. (S7)
2.00 **Warehouse 13** 4/6. (S5)
3.00 **Stargate SG-1** 16/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine** 17/26. Dax defies Sisko's decision concerning Worf. (S7)
6.00 **Star Trek: Enterprise** 2/26. Part two of two. Captain Archer encounters Sarin. (S1)

10.00 The Walking Dead

7.00 Warehouse 13 *Savage Seduction:* 4/6.Pete, Myka and Artie are sucked into a Telenovela. (S5)

8.00 Stargate SG-1 *Bad Guys:* 16/20. The team stage a bogus hostage situation to evade capture. (S10)

9.00 Grimm *Nobody Knows the Trubel I've Seen:* 19/22. Hank and Nick hunt for a murderer who kills Wesens. (S3)

10.00 The Walking Dead *Remember:* 12/16. The survivors have a difficult time adapting to their new lifestyle. (S5)
11.00 FILM Drone Wars Action adventure starring Corin Nemec. A small team of scientists hidden in Los Angeles attempt to defeat the drones that have invaded Earth. (2016, PG, 79min) ★★
1.00 AM **Intergalactic** 3&4/8. (S1)
3.00 **Spawn** 3&4/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 16/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 16/20. Rex seeks help from Detective Sidney Scott to save his stranded friends. (S5)
6.00 **Body of Proof** 2/9. A man and his former sweetheart are found shot dead in a car. (S1)

9.00 Miss Scarlet

7.00 The Mentalist *The Great Red Dragon:* 7/22. The list of Red John suspects is narrowed to two. (S6)

8.00 Death in Paradise *Political Suicide:* 5/8. Humphrey investigates the shooting of a politician in his own home. (S3)

9.00 Miss Scarlet New episode *The Enchanted Mirror:* 5/6. Eliza explores the world of Victorian theatre. (S5)
■ Entire series on U

10.00 Father Brown *The Final Devotion:* The priest joins forces with Flambeau to search for a lost treasure in a 15th-century castle.
11.00 **The Mentalist** As 7pm.
12.00 M'T **Body of Proof** As 6pm.
1.00 AM **Elementary** 4/24. The head of a financial consulting firm is found dead while wearing S&M gear. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
8.55 **I Didn't Know You Cared**
9.35 **Hi-de-Hi!**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.15 PM **Keeping Up Appearances**
12.55 **I Didn't Know You Cared**
1.35 **Dad's Army**
2.15 **Only Fools and Horses**
2.55 **Hi-de-Hi!**
3.35 **Last of the Summer Wine**
4.55 **I Didn't Know You Cared**
5.35 **Keeping Up Appearances**
6.15 **Hi-de-Hi!**

5.35 Keeping Up Appearances

6.55 Only Fools and Horses Del plans to make a quick profit involving Denzil's redundancy money.
7.35 Dad's Army Mainwaring decides the platoon need a mascot for a big parade. **8.15** Corporal Jones finds himself cast adrift during a training exercise.

9.00 Men Behaving Badly Tony tries his hand at the art of seduction. **9.30** Tony's brother and his girlfriend come to stay.

10.05 dinnerladies First episode. Norman the breadman fails to deliver.
10.45 Live at the Apollo Greg Davies introduces sets by Hal Cruttenden and Simon Evans.
11.45 **Miranda**
12.25 AM **Men Behaving Badly**
1.35 **dinnerladies**
2.25 **Miranda**
2.55 **to 4.00** AM **Live at the Apollo**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May: The Reassembler** A 1959 Suffolk Colt petrol lawnmower.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** Dave Myers and Si King head to Thailand.
6.00 **Rick Stein: From Venice to Istanbul** Rick cooks the iconic Turkish dish sultan's delight.

2.00 The Reassembler

7.00 Would I Lie to You? At Christmas With James Acaster, Lily Allen, Noddy Holder and Sian Gibson.
7.40 Richard Osman's House of Games With Kelvin Fletcher and Ian Moore. **8.20** With Amanda Lamb, Stephen Bailey, Crystelle Pereira and Nick Moran.

9.00 QI XL Colin Lane, Sarah Millican and Noel Fielding join regular panellist Alan Davies and host Sandi Toksvig for the quiz show.

10.00 World's Most Dangerous Roads Comedians Jack Dee and Jake Lambert team up for a ride through Kyrgyzstan.
11.00 **Alan Davies: As Yet Untitled** With Jo Brand and Ola Labib.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74

Wednesday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** In Clynderwen.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **The Dog House**
8.00 **Our Welsh Chapel Dream** Renovation series.
9.00 **The Great Celebrity Bake Off for Stand Up to Cancer**
10.20 **Hotel Chocolat Unwrapped**
11.20 **Gogglebox** Double bill.
1.25 AM **Open House: The Great Sex Experiment**
2.30 **Our Dream Farm with Matt Baker**
3.35 **Jamie: What to Eat This Week**
4.30 **to 5.00** AM **Travel Man: 48 Hours in Prague**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 11-13/24. (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Skeleton Crew:* 4/24. Special Agent Jacqueline Sloane helps with an investigation. **7.00** *Fake It 'Til You Make It:* 5/24. Reeves' friend is kidnapped. **8.00** *Trapped:* 6/24. McGee investigates the murder of a petty officer who was an amateur radio enthusiast. (S15)
9.00 **Criminal Minds** *Entropy:* 11/22. The BAU hatch a plan to trap the Dirty Dozen hitman ring. **10.00** *Drive:* 12/22. A serial killer leaves decapitated bodies around Boston. (S11)
11.00 **Law & Order: Special Victims Unit** (S18&17)
2.45 AM **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Extreme Nightmare Tenants** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E** Dr Adil Sheraz treats a giant ear keloid.
12.00 M'T **A Killer Makes a Call** A yoga teacher stabs her lodger.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Outback Truckers**
10.00 **Traffic Cops**
11.00 **Police Interceptors**
12.00 NOON **FILM Sierra** Western adventure starring Audie Murphy. (1950, PG, 83min) ★★
1.50 PM **FILM The Three Musketeers: The Queen's Diamonds** Swashbuckling adventure starring Michael York. (1973, PG, 102min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers take advantage of new facial recognition technology.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **FILM Outland** Thriller starring Sean Connery and Peter Boyle. (1981, 15, 105min) ★★★
1.20 AM **Police Interceptors**
2.15 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake**
8.00 **Cops on the Rock** A man makes death threats to police.
9.00 **Louis Theroux: Surviving America's Most Hated Family** Louis returns to visit the controversial Westboro Baptist Church.
10.20 **Louis Theroux: America's Most Hated Family in Crisis**
11.40 **Nurses on the Ward**
12.35 AM **The School That Tried to End Racism Australia** Documentary.
1.55 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Holby City**
10.15 **Classic Casualty**
11.20 **The Bill**
12.20 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Marlow Murder Club** New episode *Sailing Close to the Wind – Part One:* 5/6. A member of the sailing club is killed. **9.00** Series finale *Sailing Close to the Wind – Part Two:* 6/6. Kit's killer sends another warning. (S2)
■ Entire series on U
10.05 **New Tricks**
11.25 **Bergerac**
12.25 AM **Taggart**
3.15 **to 4.00** AM **Holby City**

+1 hr 243 316 60

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Crete.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** James Braxton and Charles Hanson head to Berwick-Upon-Tweed. **8.00** Philip Serrell and Catherine Southon head to Stratford-upon-Avon.
9.00 **My 600lb Life** New edition Karen's eating has become so out of control that she has developed a fear of leaving the house.
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill.
6.00 **The Bidding Room** Auctioned items include movie posters and Scandinavian furniture.
7.00 **Tenable** Warwick Davis hosts as a team of family and friends from Middlesbrough compete.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **FILM War of the Wildcats** Western. (1943, b/w, U, 102min) ★★
10.30 **Wanted: Dead or Alive**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Once Upon a Texas Train** Western. (1987, PG, 100min) ★★
3.05 **FILM The Canadians** Western adventure. (1961, U, 85min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Eliminators** Thriller starring Scott Adkins. (2016, 15, 94min) ★★
11.05 **FILM Hitman: Redemption** Thriller with Ron Perlman. (2019, 15, 104min) ★★★
1.20 AM **FILM Asteroid: Final Impact** Thriller. (2015, PG, 86min) ★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM NYC: Tornado Terror** Disaster thriller. (2008, 12, 90min) ★★
11.00 **Saving Lives at Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM The Wrong Babysitter** Thriller. (2017, 12, 90min) ★★
3.00 **FILM Killer Mom** Thriller. (2017, 12) ★★
5.05 **FILM An Aurora Teagarden Mystery: An Inheritance to Die For** Crime drama. (2019, PG, 86min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Drive** Thriller with Ryan Gosling. (2011, 18, 100min) ★★★★★
11.10 **FILM Son of a Gun** Crime drama. (2013, 15, 108min) ★★★
1.40 AM **FILM Hours** Thriller. (2013, 12, 93min) ★★
4.00 **to 6.00** AM **FILM 911 Nightmare** Thriller. (2015, 15, 95min) ★★

+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM Love by Chance** Comedy drama. (2016, PG, 85min) ★★
10.05 **FILM The Birthday Wish** Drama. (2017, PG) ★★
12.00 NOON **FILM Just for Showmance** Comedy. (2023, U, 83min) ★★
2.00 PM **FILM A Dash of Love** Drama. (2017, PG) ★★
3.55 **FILM Love Is a Piece of Cake** Romantic drama. (2020, PG, 90min) ★★
6.05 **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
8.00 **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
10.00 **FILM Love Off the Page** Romantic drama. (2022, PG, 87min) ★★
11.55 **FILM Just My Type** Comedy. (2020, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Date with Love** Comedy. (2016, U, 90min) ★★

+1hour 320 63

Rewind TV
182 92

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 6/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 27/36. (S1)
12.00 NOON **Shine on Harvey Moon** 4/9. (S3)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 11/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 6/9. (S4)
6.00 **Bewitched** 27/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Blue Thunder** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 23/26. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 11/13. (S1)
12.35 AM **Space 1999** (S1)
1.35 **That's My Dog**
2.00 **Monkey** 12/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** Inexperienced fishermen prepare themselves for the sub-zero temperatures. **8.00** A major storm brings high seas.
9.00 **Alaska: Homestead Rescue** A pair of homesteaders and their livestock are mired in muddy clay in the East Georgia woods.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals: Extra Portions**
10.00 **Jamie's Money Saving Meals** Double bill.
11.00 **Great British Bake Off**
12.30 PM **Mary Berry...**
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Down the River**
3.00 **Delicious Miss Brown**
5.00 **Jamie's Money Saving Meals: Extra Portions**
6.00 **Jamie's Money Saving...**
7.00 **Great British Bake Off**
8.30 **Mary Berry Everyday**
9.00 **Michel Roux's French Country Cooking**
10.00 **Marcus in the Med: Mallorca** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 6/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 6/19. (S5)
11.00 **FILM The Lost Future** Sci-fi action adventure. (2010, 15, 90min) ★★
1.00 PM **FILM The Ride to Hangman's Tree** Western with Jack Lord. (1966, U, 88min) ★★
2.45 **FILM The Professionals** Adventure. (1966, PG, 117min) ★★★★
5.00 **Star Trek** 26/26. (S2)
6.00 **T.J. Hooker** 7/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Escape Plan** Crime action thriller. (2013, 15, 113min) ★★★
11.15 **FILM The Jigsaw Man** Drama. (1983, 15) ★★
1.05 AM **FILM The Man Called Noon** Western. (1973, 15, 98min) ★★
3.00 **to 4.50** AM **FILM Tales that Witness Madness** Horror. (1973, 18) ★

Legend Xtra
317 171 69 138

6.00 AM **FILM Against a Crooked Sky** (1976)
8.00 **The Curse of King Tut's Tomb** Adventure.
10.00 **Farscape** 14/22. (S3)
11.00 **FILM Shark Season** Disaster thriller. (2020, PG, 87min) ★★
1.00 PM **The Curse of King Tut's Tomb** Adventure.
3.00 **Farscape** 14/22. (S3)
4.00 **Star Trek** 8/24. (S3)
5.00 **FILM Against a Crooked Sky** Western adventure. (1976, PG, 85min) ★★
7.00 **Farscape** 15/22. (S3)
8.00 **Star Trek** 9/24. (S3)
9.00 **FILM The Devil's Own** Thriller starring Harrison Ford and Brad Pitt. (1997, 15, 111min) ★★
11.10 **FILM Stagecoach** Western adventure. (2016, 15, 90min) ★★
1.00 **to 3.00** AM **FILM Vengeance: A Love Story** Action thriller. (2017, 15, 99min) ★★

+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Curse of Skinwalker Ranch** Documentary.
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **What on Earth?**
10.00 **Mysteries from Above**
11.00 **Into Cursed Waters**
12.00 M'T **National Park Mysteries** Double bill.
1.00 AM **UFOs: Lost Evidence**
2.00 **Paranormal: Caught on Camera – Top 100**
3.00 **Hardcore Pawn**
3.25 **Ancient Aliens**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **NEW SERIES Europe's Greatest Train Journeys** A rail journey across Europe, starting in the Eastern Pyrenees.
10.00 **Amazing Railway Journeys with Nick Knowles** Nick explores Prague and Bratislava.
11.00 **Prisoner: Cell Block H**
1.00 AM **New York Undercover**
2.00 **Bargain-Loving Brits in the Sun** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** A couple transform a derelict farmhouse in south-west France into a relaxing holiday home.
9.00 **Good Bones** Mina and Karen take a risk on an expensive, small house.
10.00 **Home Town Takeover** Ben and Erin turn a foster couple's home into a welcoming space.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Seeking Sister Wife**
9.00 **Love & Translation** New edition
10.00 **NEW SERIES Forbidden Love** Reality series.
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Forbidden Love**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
10.00 **Last Man Standing**
11.00 **Takeshi's Castle**
12.00 NOON **Guessable?**
1.00 PM **Friends** (S5&6)
9.00 **Tom Allen Absolutely Live** Stand-up comedy.
10.00 **8 Out of 10 Cats: Best Bits** Series highlights.
10.30 **Teachers** New episode 8/20. Ms Bennigan has an awkward student interaction outside school. (S3)
11.00 **Amy Schumer: Comedy Central Live**
11.30 **Kevin Hart: Comedy Central Live** Stand-up.
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park** (S7)
2.30 **Al Murray Live – Barrel of Fun** Stand-up show.
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **The Ren & Stimpy Show**
9.55 **Becker** 17&18/24. (S4)
10.50 **Friends** (S10)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 17&18/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing** 4/22. Mike's grandson is suspended from school. **8.30** 5/22. (S5)
9.00 **South Park** (S1,21&22)
1.00 AM **The Ren & Stimpy Show** 4&1/12. (S2)
2.00 **Reno 911!** 5&6/14. (S1)
3.00 **Ugly Americans** (S2)
3.45 **Becker** 17&18/24. (S4)
4.30 **Amy Schumer: Comedy Central Live**
4.50 **Kevin Hart: Comedy Central Live** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** 3&4/18. (S3)
2.00 PM **Motorway Patrol**
3.00 **Border Security: Canada's Front Line**
4.00 **Border Patrol**
5.00 **Highway Cops**
6.00 **Manifest** *Wingman:* 3/13. Michaela receives devastating news. (S3)
7.00 **Fantasy Island** (S1)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

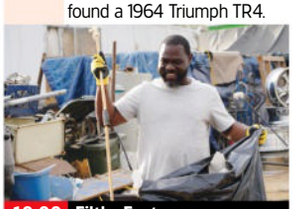
6.00 AM **Daria** 7/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
6.00 **Catfish: Worst Offenders** Reality series.
7.00 **Teen Mom UK**
8.00 **Teen Mom: The Next Chapter** New edition Ashley arranges a call for Holly with Bar from jail.
9.00 **Help! I'm in a Secret Relationship!** New edition Rolando needs to know why Joshua is hiding him.
10.00 **Catfish: The TV Show**
11.00 **The Challenge: All Stars** New edition
12.00 M'T **Ridiculousness** New edition With Steelo, Rob and Carly Aquilino.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Harpoon Hunters** Captain Joe takes his sons to sea aboard the *Redrum*. **4.00** All bets are off when a legend joins the derby.
5.00 **Deadliest Catch** Johnathan's leadership is put to the test.
6.00 **Wheeler Dealers** Mike has found a 1964 Triumph TR4.



10.00 Filthy Fortunes

7.00 Salvage Hunters Drew Pritchard haggles with seasoned hoarders, including one who collects cement mixers.

8.00 Hoffman Family Gold Todd Hoffman brings a wash plant and crew to his Alaskan claim to mine 1,000 ounces of gold.

9.00 Gold Divers New edition Fed up with a faulty sluice box, the Kellys resurrect an old piece of equipment called 'The Coffin'.

10.00 Filthy Fortunes New edition The team take on a rock star mess to find classic guitars and amps.

11.00 **Mystery at Blind Frog Ranch** The team search for an alternate route into the cavern.
12.00 M'T **Mountain Monsters**
1.00 AM **Gold Divers** As 9.00pm.
2.00 **Filthy Fortunes** As 10.00pm.
3.00 **Texas Metal** A 1969 MGC.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Crikey! It's the Irwins**
4.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps 40 miniature Australian shepherd dogs rescued from a puppy mill. **5.00** Dr Jeff helps a beloved German shepherd walk again.
6.00 **Extinct or Alive** Searching for an extinct tiger on the island of Java in Indonesia.

8.00 Jungle Shark

7.00 Amanda to the Rescue Amanda Geise is called to save a stray golden retriever mix who was hit by a car and stranded.

8.00 Jungle Shark Dr Craig O'Connell and Andy Casagrande explore bull sharks' instinct to swim up the Serena River.

9.00 Deadliest Sharks Dr Michael Domeier and Dr Barry Bruce search for rare oceanic white tip sharks.

10.00 The Last Alaskans Darkness falls, and Heimo finds himself caught miles from home in the wilderness.

11.00 **The Aquarium** The staff are concerned when an African penguin falls mysteriously ill. **12.00** M'T The staff attempt to determine how long Trixie the whale shark is.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **World War II: Secrets from Above** Documentary.
11.00 **Drain the Oceans: Deep Dive**
12.00 NOON **Car S.O.S**
1.00 PM **Construction Fails**
2.00 **Air Crash Investigation**
3.00 **Lost Treasures of Rome**
4.00 **Nazi Megastructures: America's War**
5.00 **Car S.O.S** Fuzz and Tim restore a Ford Cortina.
6.00 **Lost Treasures of Egypt**

10.00 No Taste Like Home

7.00 Air Crash Investigation Investigators uncover a series of failures that doomed a DC-8 before it got off the ground.

8.00 Destruction Decoded New edition From forgotten shipwrecks to headline disasters, the sea claims countless lives.

9.00 Car S.O.S Tim and Fuzz take on a wreck of a VW Dune Buggy owned by a father of three from East Yorkshire.

10.00 No Taste Like Home with Antoni Porowski Series finale The chef takes actor Henry Golding to Borneo.

11.00 **Air Crash Investigation**
12.00 M'T **Mysterious Islands**
1.00 AM **Inside Sydney Airport**
2.00 **Bid & Destroy** A mansion containing rare treasures.
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Pawn Stars** A Bricklin SV-1.
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire Armed Forces Tournament**
9.35 **Dirty Old Cars**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Holy Marvels** Double bill.
4.00 **Secrets of Great British Castles** Cardiff Castle.
5.00 **Pawn Stars** *Jurassic Park* toys.
6.00 **American Pickers**

9.00 The Curse of Oak Island

7.00 Forged in Fire Armed Forces Tournament Four airmen from the US Air Force are tasked with forging a bolo knife.

8.00 Pawn Stars New edition Chum attempts to dig up information on a mysterious fossil, and Rick tries to strike black gold.

9.00 The Curse of Oak Island New edition Workers dig for the Chappell Vault, hoping to uncover hidden treasures and artifacts.

10.00 Mysteries Unearthed with Danny Trejo New edition A secret Cold War bunker hidden in the mountains.

11.00 **Haunted Hospitals** A social worker battles an evil entity for a young girl's soul.
12.00 M'T **Paranormal Survivor** Deceased soldiers who returned to convey messages.
1.00 AM **Pawn Stars** As 8.00pm.
2.00 **Forged in Fire**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Sue Perkins: Along the US-Mexico Border**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **World War Two from Above** Using drones, experts revisit some of the key sites across the former Third Reich.
6.00 **Antiques Roadshow**

8.00 Great Coastal Railway...

7.00 Guy's Road to Chernobyl Guy Martin visits the site of the disaster to explore the solutions designed to make the area safe.

8.00 Great Coastal Railway Journeys Michael Portillo makes his way to Belfast. **8.30** Michael travels from Carlingford to Dublin.

9.00 Great Canal Journeys Timothy West and Prunella Scales explore the Lancaster Canal, where Pru revisits Near Sawrey.

10.00 Bangers & Cash Dave is in Lincolnshire picking up a 1935 Riley Falcon – a good-looking saloon car with a pre-select gearbox.

11.00 **Bangers & Cash** An Austin Heavy 12 that's nearly a century old sets off a bidding war.
12.00 M'T **Find It, Fix It, Flog It** Simon and Henry head to Worcestershire to meet TV props dealer Craig.
1.00 **to 3.00** AM **Retro Electro Workshop**

+1 hour 255 329

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop** The team repair an ice cream maker, a Spanish organillo and a portable record player. **7.00** A pair of football boots, a boxing trophy and a globe are restored.
8.00 **The Yorkshire Auction House** Angus uncovers a rare coin collection. **9.00** A retired couple asks Angus to sell their toy collection.
10.00 **The Derbyshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married to Evil**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** An armed robbery in Newark.
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV** Omar Medina's body was found in a barrel in the bay.
9.00 **I'd Kill for You** The case of Debra Hartmann.
10.00 **Deadly Women**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** Jason Webster was an undergraduate who became obsessed with a mature student.
8.00 **48 Hours** New edition Sarah Yarborough was found murdered 100 yards from her car.
9.00 **Fatal Attraction** New edition When Trina Winston goes missing, her family fear she's fallen into drug habits.
10.00 **Millionaire Murders** New edition Police find it is clear Shanti Cooper's death was not an accident.
11.00 **Murder Calls**
12.00 M'T **Murder: First on Scene** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Millionaire Murders**
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Written in Blood**
11.00 **Medical Detectives**
2.00 PM **Written in Blood**
4.00 **Medical Detectives** The case of a missing girl. **4.30** A missing horse rider's body was found. **5.00** A ground-breaking DNA test points Napa County police towards an unlikely suspect. **5.30** Police enlist the help of a sniffer dog to track down the killer of a disc jockey. **6.00** A murderer tries to overturn the guilty verdict in his case. **6.30** When a man is killed in his own garage, investigators turn to his wife for answers, and they discover she has a secret to tell.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops UK**
10.00 **The Force: Manchester**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 NOON **How I Caught the Killer** Anna Wilson.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **Most Evil Killers**
9.00 **Murder Uncut**
10.00 **How I Caught the Killer**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 M'T **Most Evil Killers**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **Snapped** Double bill.
4.00 **Brit Cops UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

6.00 AM **The Incomparable...**
8.00 **America the Bountiful**
8.35 **Vikings: The Rise and...**
9.35 **Pearl Harbor: World...**
10.50 **The Incomparable...**
1.00 PM **America the...**
1.50 **Vikings: The Rise...**
2.55 **Pearl Harbor: World...**
4.05 **The Incomparable...**
6.20 **Vikings: The Rise and Fall** Documentary.
7.20 **Pearl Harbor: World on Fire** 2/2. Documentary.
8.30 **NEW The Incomparable Mr Buckley** Examining the political legacy of William F Buckley Jr.
10.50 **Pearl Harbor: World...**
12.00 M'T **The Rise and Fall of the Rust Belt**
1.10 AM **America the...**
1.50 **Vikings: The Rise and Fall** Documentary.
2.35 **The Incomparable Mr Buckley** As 8.30pm.
4.25 **Forts of Verdun**
5.20 **to 6.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Sixties**
7.00 **Discovering: John Malkovich**
8.00 **The Directors**
9.00 **The Civil War**
10.05 **Shaq** As 7.05pm.
11.00 **Bad Host: Hunting the Couchsurfing Predator**
12.00 NOON **Val** Documentary.
2.00 PM **Money Electric: The Bitcoin Mystery**
4.00 **The Directors**
5.00 **Discovering: John Malkovich**
6.00 **The Civil War**
7.05 **Shaq** 3/4. Tension grows between Shaq and Kobe Bryant.
8.00 **Eyes on the Prize III** New edition 4/6. A look at the environmental justice movement.
9.00 **FILM 4 Little Girls** Documentary. (1997, PG, 102min) ★★★★
11.00 **The Jinx: The Life and Deaths of Robert Durst** 5&6/6.
1.00 AM **The Apollo** Documentary.
3.00 **NEW SERIES The Anarchists** 1/6. The creation of the annual event, Anarchapulco.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: John Malkovich**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Great Parks of Africa**
10.00 **Wildlife Icons**
11.00 **Big Cat Country**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Great Parks of Africa**
4.00 **Wildlife Icons**
5.00 **The Big Dry**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Volcanic Odysseys**
9.00 **Arabian Seas**
10.00 **Brazil Untamed** The dry season brings anteaters and wolves into the area.
11.00 **The Big Dry**
12.00 M'T **Big Cat Country**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Volcanic Odysseys**
3.00 **Arabian Seas**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Great Parks of Africa**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WW2 Air Crash Detectives**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
2.00 **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **WW2 Air Crash Detectives**
5.00 **The Proof Is Out There: Military Mysteries**
6.00 **What on Earth?**
7.00 **Alien Files Reopened**
8.00 **Great Escapes with Morgan Freeman** A determined prisoner's quest for freedom.
9.00 **The Real War of Thrones** The marriage of Margaret of Valois to Henry of Navarre.
10.00 **History's Greatest Mysteries** A case involving the disappearance of five children.
11.00 **Guns That Changed the Game**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **The Proof Is Out There: Military Mysteries**

Crime+Investigation

156 837 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Who Kill with Will Mellor**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Secrets of the Morgue**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Meet, Marry, Murder**
5.00 **Accident, Suicide or Murder?**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **When Missing Turns to Murder** New edition The murder of Mark Cummings.
10.00 **Gypsy Rose: Life After Lock Up**
11.00 **Homicide Hunter**
12.00 M'T **Buried in the Backyard**
1.00 AM **When Missing Turns to...**
2.00 **Gypsy Rose: Life After Lock Up**
3.00 **Somebody's Hiding Something**
4.00 **On the Case with Paula Zahn**
5.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Amur Tiger: Secret Kingdom**
3.00 **Jade Eyed Leopard**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The staff members welcome two rescued manatees to the renovated hospital.
8.00 **Snakes in the City: Venomous Face-Off** New edition Highlights from the series.
9.00 **Ten Deadliest Snakes with Nigel Marven** The most poisonous snakes in Mexico.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **One Giant Leap: A Neil Armstrong Tribute**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Scientists question whether the Big Bang really happened.
8.00 **One Giant Leap: A Neil Armstrong Tribute** The impact made on the world by the astronaut and his legacy to space exploration, examined through interviews and the Apollo 11 archives.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Lies:* Greig oversees a CID operation to intercept armed robbers at a factory. **5.30** *Old Wounds:* Patrick Litton's father died of a heart attack while in custody. **6.00** *Just For a Moment:* Stamp and Loxton find a young man who has stabbed his mother. **6.30** *Market Forces:* The 'bike squad' theft operation of Quinnan and Garfield successfully nicks a teenager.
7.00 **Pointless** Double bill of the quiz show hosted by Alexander Armstrong and Richard Osman.
9.00 **The Brokenwood Mysteries** *Playing the Lie:* 3/4. The owner of the Brokenwood Golf Club is apparently poisoned. (S1)
11.00 **The Bill** Four episodes.
1.05 AM **Pointless** Double bill.
3.05 **Abandoned Engineering**
3.55 **Great British Railway Journeys**
4.20 **to 6.00** AM **The Brokenwood Mysteries**

+1 hour 266 376

ID

154 166

8.00 AM **Blood Runs Cold**
9.00 **Murder Decoded**
11.00 **American Monster**
1.00 PM **Before I Die**
2.00 **Deadly Recall**
3.00 **Relatively Evil**
5.00 **Homicide City**
7.00 **Faking It: Tears of a Crime** Focusing on the murder of 10-year-olds Holly Wells and Jessica Chapman in 2002. Experts study media interviews of their killer, Ian Huntley, to expose his lies. **8.00** The story of Hampshire businessman Mike Gifford-Hull's TV plea for his missing wife Farsi that hid the true facts of her disappearance.
9.00 **I Went Undercover** A woman suspected of murdering her ex-husband.
10.00 **Crime Scene Confidential**
11.00 **Good Cop, Bad Cop**
12.00 M'T **In Pursuit with John Walsh**
2.00 AM **Homicide City**
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Alaska Mega Machines**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Planes That Never Flew**
5.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Planes That Never Flew** Focusin on the SST, America's answer to Concorde.
9.00 **Iron Resurrection** Joe dusts off his prized 1965 Pontiac Catalina to give it the facelift it deserves.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Planes That Never Flew**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Babes** As 2.25pm.
7.50 **The Good Half** As 4.15pm.
9.30 **I'll Be Right There** Comedy. (2023, 12, 93min) ★★★
11.15 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
12.50 PM **Sneaks** Animated comedy. (2025, PG, 92min) ★★
2.25 **Babes** (2024, 15) ★★★★
4.15 **The Good Half** Drama. (2023, 15, 96min) ★★★
6.00 **Coming 2 America** Comedy. (2021, 12, 108min) ★★★

6.00 Coming 2 America

8.00 Borat Subsequent Moviefilm Mockumentary sequel starring Sacha Baron Cohen. Borat returns to America intent on giving his daughter to the vice president. (2020, 15, 95min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Horizon: An American Saga – Chapter 1 Epic Western starring Kevin Costner, who also co-wrote and directed. A cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. With Sienna Miller and Sam Worthington. (2024, 15, 181 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Skincare** Comedy thriller. (2024, 18, 86min) ★★★
2.35 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
4.20 **to 6.00** AM **AfrAid** Sci-fi horror. (2024, 15, 84min) ★★

Sky Cinema Hits

303 403 503 517

6.15 AM **A Sacrifice** As 4.50am.
8.00 **There's Something in the Barn** (2023, 15) ★★
9.45 **Blue Beetle** Fantasy. (2023, 12, 127min) ★★★★
11.55 **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
1.45 PM **Ghostbusters: Frozen Empire** (2023, 12) ★★★
3.45 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★★
6.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★

6.15 The Hangover

8.00 The Hangover Part II Comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's vanished brother despite severe memory loss. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 The Hangover Part III Comedy sequel starring Bradley Cooper, Ed Helms and Zach Galifianakis. The friends go in search of a Chinese criminal after they are captured by his mobster rival. (2013, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Book of Clarence** Biblical comedy starring LaKeith Stanfield and Omar Sy. (2023, 15, 129min) ★★★
2.10 AM **American Star** Thriller. (2023, 15, 107min) ★★★★
4.10 **Sky Cinema Preview**
4.50 **to 6.40** AM **A Sacrifice** Drama. (2024, 15, 94min) ★★★

Sky Cinema Drama

310 410 510 524

7.00 AM **Meet Joe Black** Supernatural romantic drama. (1998, 12, 181min) ★★★★
10.05 **The Damned United** Sports biopic starring Michael Sheen. (2009, 15, 98min) ★★★★
11.50 **Boy Meets Boy** Romantic drama. (2021, 15, 75min) ★★★
1.10 PM **The United States vs. Billie Holiday** Biopic starring Andra Day. (2024, 15, 126min) ★★★
3.30 **Scent of a Woman** Coming-of-age drama. (1992, 15, 157min) ★★★★
6.10 **Dunkirk** Christopher Nolan's war drama starring Kenneth Branagh and Tom Hardy. (2017, 12, 106min) ★★★★★
8.00 **Lost in Translation** Bittersweet romantic comedy drama with Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
9.50 **Sundown** Drama with Tim Roth and Albertine Kotting McMillan. (2021, 15, 82min) ★★★★
11.20 **Fanny and Alexander** Swedish epic directed by Ingmar Bergman. Subtitled. (1982, 15, 301min) ★★★★★
2.40 AM **Footloose** Dance drama remake. (2011, 12, 113min) ★★★
4.45 **to 7.05** AM **The United States vs. Billie Holiday** As 1.10pm.

Sky Cinema Sci-fi/Horror

311 411 511 525

6.20 AM **Kill** As shown at 12.35am.
8.00 **Tarot** As shown at 10.55pm.
9.40 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
11.15 **Sinister** Horror thriller. (2012, 15, 105min) ★★★
1.10 PM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
2.45 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
4.30 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
6.10 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey. A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **Tarot** Horror starring Harriet Slater. (2024, 15, 92min) ★★
12.35 AM **Kill** Crime thriller. (2023, 15, 94min) ★★★
2.20 **MaXXXine** Thriller starring Mia Goth. (2024, 18, 110min) ★★★
4.10 **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
5.50 **to 7.25** AM **Out of Darkness** Horror. (2022, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.05 AM **Step Dogs** (2013, U) ★
8.40 **Beethoven's 2nd** As 10.20pm.
10.20 **Pan** Fantasy. (2015, PG) ★★★
12.20 PM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.00 **Charlie and the Chocolate Factory** (2005, PG) ★★★★
4.00 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
5.35 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
7.15 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★

8.50 The Little Rascals

8.50 **The Little Rascals** Family comedy based on the *Our Gang* film series of the 1930s. Stars Travis Tedford, Bug Hall and Brittany Ashton Holmes. (1994, U, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

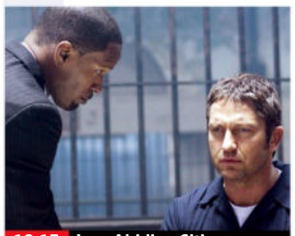
10.20 **Beethoven's 2nd** Family comedy sequel starring Charles Grodin. An evil dognapper tries to steal Beethoven's newborn pups for herself. (1993, U, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Hot Dog Derby** Family comedy. (2013, U, 82min) ★★
1.25 AM **Beethoven** Comedy. (1992, U, 87min) ★★★
3.00 **Ghost Squad** Fantasy. (2015, PG, 86min) ★★★
4.35 **to 6.10** AM **Big Fat Liar** Teen comedy. (2002, PG) ★★★

Sky Cinema Action

307 407 507 521

6.50 AM **Swordfish** Action thriller. (2001, 15, 99min) ★★★
8.35 **Zu: Warriors from the Magic...**
10.20 **Saving Private Ryan** Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★
1.15 PM **Hancock** Action comedy. (2008, 12, 92min) ★★★
2.55 **Game of Death II** As 12.10am.
4.35 **The Equalizer 3** Thriller sequel. (2023, 15, 109min) ★★★
6.30 **High Heat** Action comedy. (2022, 15, 84min) ★★★



10.15 Law Abiding Citizen

8.00 **Fast & Furious 6** Action thriller sequel starring Vin Diesel, Paul Walker and Dwayne Johnson. The gang of carjackers come out of retirement to stop a criminal mastermind from constructing a superweapon. With Michelle Rodriguez. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

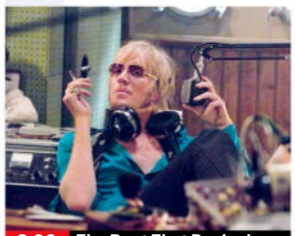
10.15 **Law Abiding Citizen** Thriller starring Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia criminal justice system. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Game of Death II** Crime adventure sequel. (1980, 18, 96min) ★★★
1.50 **Zu: Warriors from the Magic Mountain** Action fantasy. (1982, PG, 95min) ★★★★
3.35 **High Heat** As 6.30pm.
5.05 **to 6.50** AM **Blood for Dust** Thriller. (2023, 15) ★★★

Sky Cinema Comedy

308 408 508 522

6.55 AM **Fletch** As 10.20pm.
8.35 **Bernard and the Genie** (1991)
10.00 **David Brent: Life on the Road** Comedy. (2016, 15, 96min) ★★
11.40 **Game Night** (2018, 15) ★★★★
1.25 PM **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
3.00 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
4.40 **Nutty Professor II: The Klumps** (2000, 12) ★★★
6.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★



8.00 The Boat That Rocked

8.00 **The Boat That Rocked** Richard Curtis's period comedy inspired by 1960s pirate radio, starring Bill Nighy, Philip Seymour Hoffman and Rhys Ifans. A teenager learns life lessons from the motley crew of DJs on board a pirate radio station in the North Sea. (2009, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

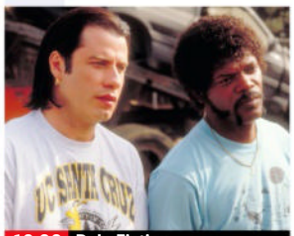
10.20 **Fletch** Comedy adventure starring Chevy Chase as an undercover reporter investigating a drug ring in Los Angeles. (1985, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Weird Science** Teen comedy with Kelly LeBrock. (1985, 12, 94min) ★★★
1.45 **Drop Dead Fred** Comedy. (1991, 12, 99min) ★★
3.30 **'About Last Night...'** Comedy drama. (1986, 18, 113min) ★
5.30 **to 7.15** AM **Sweethearts** Comedy. (2024, 15) ★★★

Sky Cinema Gangsters

309 409 509 523

6.40 AM **The Canton Godfather** Period action comedy. (1989, PG, 122min) ★★★
8.50 **Chinatown** As 5.45pm.
11.05 **Pain & Gain** As 2.30am.
1.15 PM **We Own the Night** Crime drama. (2007, 15, 117min) ★★★
3.25 **Public Enemies** Gangster biopic starring Johnny Depp. (2009, 15, 140min) ★★★★
5.45 **Chinatown** Roman Polanski's thriller starring Jack Nicholson. (1974, 15, 131min) ★★★★★



10.00 Pulp Fiction

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Pulp Fiction** Quentin Tarantino's comedy thriller, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Crime Story** Martial arts thriller starring Jackie Chan. (1993, 18, 107min) ★★★
2.30 **Pain & Gain** Dark crime comedy with Mark Wahlberg. (2013, 15, 124min) ★★★
4.50 **to 6.00** AM **Sky Cinema Preview**

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Fallen Idol** Drama. (1948, b/w, PG, 91min) ★★★
12.55 PM **True Grit** Western. (1969, PG, 128min) ★★★★★
3.30 **Annie** Film version of the hit musical, starring Albert Finney. (1982, U, 128min) ★★★
6.10 **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel starring Shia LaBeouf and Megan Fox. (2009, 12, 149min) ★★★

11.10 The Outsiders

8 PM **Transformers: Revenge of the Fallen** (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Copshop** Thriller starring Gerard Butler and Frank Grillo. On the run from an assassin, a wily con artist devises a scheme to hide out inside a small-town police station. With Alexis Louder and Toby Huss. (2021, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.10** **The Outsiders** Francis Ford Coppola's drama about rival teenage gangs coming to blows in 1960s Oklahoma, starring Matt Dillon, Patrick Swayze, Rob Lowe and Matt Dillon. (1983, 12, 91min) ★★★★
1.25 **to 3.35** AM **Girl** Belgian drama with Victor Polster and Arieh Worthalter. Subtitled. (2018, 15, 101min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

6.30 AM **Sky Cinema Preview**
7.30 **Turtles All the Way Down** Drama. (2024, 12, 111min) ★★★★
9.25 **Dear John** Romantic drama. (2010, 12, 108min) ★★
11.15 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★
1.40 PM **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★
3.30 **Angels & Demons** Mystery thriller. (2009, 12, 138min) ★★

5.50 **Inferno** Thriller starring Tom Hanks. (2016, 12, 121min) ★★★
8.00 **Minority Report** Steven Spielberg's sci-fi thriller starring Tom Cruise. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then the chief of the Pre-Crime unit becomes a suspect himself. (2002, 12, 145min) ★★★★
10.25 **Battle Royale** Japanese thriller with Takeshi Kitano. Subtitled. (2000, 18, 113min) ★★★★

12.20 AM **Naked Lunch** Director David Cronenberg's adaptation of William Burroughs' cult novel. (1991, 18, 115min) ★★★
2.30 **Inferno** As shown at 5.50pm.
4.45 **to 6.25** AM **The Hanging Sun** Drama starring Alessandro Borghi. (2022, 15, 93min) ★★

Sky Cinema Greats

304 404 504 518

6.00 AM **The Young Ones** (1960)
8.00 **The Brady Bunch Movie** (1995)
9.35 **Sixteen Candles** As 1.30am.
11.20 **We're No Angels** As 11.30pm.
1.20 PM **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel starring Leslie Nielsen. (1991, 15, 81min) ★★★
2.50 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★

4.30 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
6.30 **Airplane!** Spoof of air-disaster movies, starring Robert Hays. (1980, 12, 86min) ★★★★★
8.00 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★
10.00 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
11.30 **We're No Angels** Action comedy. (1989, 15, 106min) ★★

1.30 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.20 **The Brady Bunch Movie** Spoof comedy. (1995, 12, 89min) ★★★
5.05 **The Cinema List: Family**
5.30 **to 7.35** AM **The Young Ones** Pop musical with Cliff Richard. (1960, U, 104min) ★★★

Sky Cinema Animation

305 412 500 514

6.10 AM **Tom and Jerry Cowboy Up!**
7.30 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
9.20 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
11.20 **Rock Dog 3: Battle the Beat**
12.55 PM **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
2.20 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

4.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★
5.50 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
7.25 **Smurfs: The Lost Village** Animation. (2017, U) ★★★
9.00 **Rock Dog 3: Battle the Beat** Animated sequel. (2022, U) ★★
10.35 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
11.55 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★

1.50 AM **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
3.15 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
4.35 **to 6.15** AM **Boonie Bears: Guardian Code** Animation. (2023, PG, 96min) ★★★

Movies 24

312 419

7.00 AM **A Bet with the Matchmaker** Romantic drama. (2023, PG, 89min) ★★
9.00 **The Date Whisperer** Romantic drama. (2023, PG, 87min) ★★
11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 PM **Mr Pawsitively Perfect** Drama. (2023, PG, 90min) ★★
3.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★

5.00 **Mountain Rescue Romance** Romantic comedy drama. (2023, PG, 84min) ★★
7.00 **Married By Mistake** Romantic comedy starring Chloe Bennet. (2023, PG, 88min) ★★
9.00 **Finding Love in Saint Lucia** Romance starring Brooke Burfitt and Philip Boyd. An ornithologist and a journalist partner up to save an endangered bird species. (2023, PG, 90min) ★★
11.00 **Rip in Time** Romantic fantasy. (2022, PG, 84min) ★★

1.00 AM **Retreat to You** Romantic drama starring Emilie Ullerup. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **When Love Springs** Romantic comedy. (2023, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **The Riverside Murder** Drama. (1935, b/w, PG, 65min) ★★★
8.15 **What's On TPTV with Noel**
8.30 **Inquest** Courtroom drama. (1939, b/w, PG, 60min) ★★★
9.45 **Scotland Yard** 34/39. (S1)
10.25 **My Man Godfrey** Comedy. (1936, b/w, U, 90min) ★★★
12.15 PM **The Small Voice** Thriller. (1948, b/w, PG, 81min) ★★★

1.55 **The Brothers** 4/14. (S4)
3.00 **Take a Hard Ride** Spaghetti Western starring Lee Van Cleef. (1975, PG, 103min) ★★
5.05 **The Texan** 34/37. (S1)
5.40 **Meet Simon Cherry** Mystery starring Hugh Moxey. A sleuthing clergyman investigates the murder of an aristocratic family's reclusive daughter. (1949, b/w, PG, 67min) ★★
7.00 **Z Cars** 1/13. (S11)
8.00 **Manhunt** 18/26. (S1)
9.05 **Maigret** 4/4. (S7)

10.55 **Stigma** Horror tale.
11.40 **Look at Life**
12.00 M'T **Maigret** 10/13. (S4)
1.05 AM **Valentino** Romantic biopic. (1951, b/w, PG, 105min) ★
3.05 **Harrison's Flowers** Drama. (2000, 15, 130min) ★★★
5.30 **to 6.00** AM **Richard Diamond**

Wednesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 LIVE **Indian Premier League Royal Challengers Bengaluru v Gujarat Titans.** Coverage of the T20 match staged at M. Chinnaswamy Stadium.
7.00 LIVE **Premier League Liverpool v Everton.** Coverage of the top-flight match staged at Anfield, as the two sides meet for the second time in the league in the last two months. The reverse fixture in February saw James Tarkowski score a 98th-minute equaliser to send the home fans wild in the last Merseyside derby to take place at Goodison Park. Kick-off **8.00pm**.
11.00 **Premier League Highlights**
2.00 AM LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Bogota Open and the ATP Houston Open.
3.00 LIVE **ATP Tennis** Coverage of day three of the US Men's Clay Court Championship in Houston.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Retro** Chelsea v Tottenham.
5.00 **Best PL Goals 2000/01**
6.00 **PL 100: David Seaman**
6.30 **Premier League Stories**
7.00 LIVE **Premier League Liverpool v Everton.** Coverage of the top-flight match staged at Anfield, as the two sides meet for the second time in the league in the last two months. The reverse fixture in February saw James Tarkowski score a 98th-minute equaliser to send the home fans wild in the last Merseyside derby to take place at Goodison Park. Kick-off **8.00pm**.
11.00 **Premier League Highlights** Newcastle United v Brentford. **11.30** Man City v Leicester City.
12.00 M'T **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2020/21 play-offs.
9.00 **EFL Greatest Games**
10.00 **Retro League One** Charlton v Sunderland in the 2018/19 League One play-off final.
12.00 NOON **EFL** A chance to see Bristol Rovers v Birmingham City.
2.00 PM **Bundesliga Highlights Show**
3.00 **EFL Highlights**
3.30 **WSL** Action from Leicester City v Tottenham Hotspur. **4.00** Chelsea v West Ham United.
4.30 **Scottish Premiership Round-Up** Top-flight action.
4.45 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
5.00 **EFL Highlights** League One.
7.00 **WSL** Chelsea v West Ham United.
7.30 **EFL Highlights**
9.00 **Bundesliga Highlights Show**
10.00 **EFL Highlights** Crewe Alexandra v Grimsby Town in League Two. **10.15** Doncaster Rovers v Walsall. **10.30** Gillingham v Colchester.
10.45 **EFL Highlights** League Two.
12.00 M'T **EFL Greatest Games**
12.30 AM **Championship Retro**
2.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2014 final.
5.00 **There's Only One Sauzee**
5.30 **to 6.00** AM **Dundee United – Champions 83**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Action from India.
10.10 **Ashes Greats** From 2001.
10.30 **Best of ICC WT20**
11.00 **IPL** Action from T20 matches.
2.50 PM LIVE **Indian Premier League Royal Challengers Bengaluru v Gujarat Titans.** Coverage of the T20 match from M. Chinnaswamy Stadium. The hosts won this meeting last season thanks to a four-wicket victory at this ground. The Titans were bowled out for 147 with three balls to spare before Faf du Plessis hit a quick-fire 64 from just 23 balls, as Bengaluru chased down their total with 38 balls remaining in their innings.
7.00 **Ashes Greats** From 2001.
7.30 **Best of ICC WT20** India v Pakistan in the 2007 final. **7.45** England v the Netherlands.
8.00 **IPL** Mumbai Indians v Kolkata Knight Riders in Mumbai. **9.00** Royal Challengers Bengaluru v Gujarat Titans. **10.00** Lucknow Super Giants v Punjab Kings in Lucknow.
11.00 **IPL** Recent highlights from India.
5.10 AM **Ashes Greats** Archive action.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
9.00 **LPGA Tour Golf**
10.45 **Women's Golf** Highlights.
2.00 PM **Ladies European Tour Golf**
3.00 **LPGA Tour Golf**
5.00 **Ladies European Tour Golf**
6.00 **PGA Tour: The Cut**
6.30 LIVE **Women's Golf** Day one of the Augusta National Women's Amateur from Augusta, Georgia.
8.30 **PGA Tour Champions**
9.30 **PGA Tour: The Cut**
10.00 **DP World Tour Golf**
10.30 **Golf's Greatest Holes**
11.00 LIVE **LPGA Tour Golf** Coverage of the opening day of the T-Mobile Match Play staged at Shadow Creek in Las Vegas. This is just the fifth edition of this event after its inception in 2021.
2.00 AM **PGA Tour Golf**
3.00 **DP World Tour Golf**
3.30 **PGA Tour: The Cut**
4.00 **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
7.00 **Tennis** Miami Open review.
8.30 **WTA & ATP Tennis**
10.30 LIVE **ATP Tennis** Coverage of day three of the ATP Bucharest Open at Baza Sportive Nastase/Marica in Bucharest, Romania.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open,ATP Marrakech Open and ATP Bucharest Open.
3.00 AM LIVE **ATP Tennis** Coverage of the third day of the US Men's Clay Court Championship held at River Oaks Country Club in Houston, Texas.
5.00 **Bitesize Tennis** From 2024.
5.45 **to 6.00** AM **Frances Tiafoe Podcast 2024**

TNT Sports 1

410 870 521 408 430

6.30 AM **Premier League**
8.00 **Premier League Stories**
8.30 **Premier League: Big Interview**
9.00 **A-League Women Highlights**
9.30 **HSBC SVNS Highlights**
10.30 **The Rugby Review**
11.15 **Cycling** The Gent Wevelgem.
1.15 PM LIVE **Cycling** The Dwars door Vlaanderen in Belgium.
4.00 **Original Documentary**
5.00 **MLB Highlights**
6.00 LIVE **MLB Milwaukee Brewers v Kansas City Royals.** Coverage of the inter-league match staged at American Family Field. Start-time is at **6.10pm**.
9.15 **TNT Sports Reload**
9.30 LIVE **MLB Miami Marlins v New York Mets.** The National League match from LoanDepot Park. Start-time is at **9.40pm**.
12.45 AM LIVE **NBA Cleveland Cavaliers v New York Knicks.** The Eastern Conference match staged at Rocket Mortgage FieldHouse. Tip-off **12.00m't**.
2.30 **Born Racers** At the Rookies Cup.
3.45 **MotoGP Highlights** Action from the Grand Prix of the Americas.
4.45 **Formula E Flashback**
5.45 **to 6.00** AM **In My Blood**

TNT Sports 2

411 871 522 409 431

6.00 AM LIVE **One Day International Cricket New Zealand v Pakistan.** Coverage of the second ODI in the three-match series at Seddon Park.
7.30 **Original Documentary**
7.45 **Test Cricket Highlights** A look back at Sri Lanka v Australia in the First Test of the series. **9.45** Sri Lanka v Australia in the second and final Test in the series.
11.45 **Spanish Women's Liga F**
12.45 PM **Original Documentary**
1.00 **MLB Highlights**
2.00 **NBA** Two match replays.
5.00 **Premier League Stories**
5.30 **Premier League**
7.00 **One Day International Cricket** New Zealand v Pakistan.
8.00 **Cycling** Across Flanders.
9.00 **NBA** A chance to see New York Knicks v Philadelphia 76ers. **10.30** Denver Nuggets v Minnesota Timberwolves.
12.00 M'T LIVE **NBA Cleveland Cavaliers v New York Knicks.** The Eastern Conference match staged at Rocket Mortgage FieldHouse. Tip-off **12.00m't**.
2.30 AM **NBA Classic** Archive action.
4.30 **TNT Sports Reload**

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International** Takuma Inoue v Seiya Tsutsumi.
7.00 **Super League** Hull Kingston Rovers v Castleford Tigers.
9.45 **My Icon** Leon McKenzie.
10.00 **Super League Highlights**
11.15 **My Icon** Sporting influences.
12.00 NOON **NFL Highlights** Kansas City Chiefs v Houston Texans in the first Divisional play-off match.
1.00 PM **Good Morning Football**
3.00 **Fight Night International** Arnold Barboza Jr v Daniel Zorrilla.
4.00 **Super League Highlights**
5.00 **NFL Highlights** Philadelphia Eagles v Green Bay Packers.
6.00 **NBC's Pro-Football Talk**
8.00 **Premier League Darts** Another chance to see night eight of the tournament staged at Utilita Arena Newcastle with a format featuring quarter-finals, semi-finals and a final all in one night.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **Top Rank Boxing Archive** James Toney v Mike McCallum.
2.15 **Fight Night International**
3.15 **Canvas: Viddal Riley**
3.30 **Super League**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Super League** A replay of Castleford Tigers v Hull FC.
8.45 **Super League Highlights**
9.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the WTA and/or ATP Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
7.35 PM LIVE **EFL Derby County v Preston North End.** Coverage of the Championship match staged at Pride Park. Encounters between these sides have been low-scoring affairs in recent years, and the reverse fixture at Deepdale was another example of that, with an uninspiring 1-1 draw being the result last November. Kick-off **7.45pm**.
9.45 LIVE **WTA & ATP Tennis** Continued coverage from the WTA and/or ATP Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **IPL** Recent T20 highlights.
9.00 **PGA Tour Golf**
10.00 **Ladies European Tour Golf**
11.00 **IPL** Recent T20 highlights.
1.00 PM **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **Tennis** Tournament reviews.
6.00 **PGA Tour Golf** The Texas Children's Houston Open.
7.00 **Ladies European Tour Golf** The Ford Women's NSW Open.
8.00 **DP World Tour Golf** Action from the Hero Indian Open fourth day.
8.30 **Tennis** Miami Open review.
10.00 **IPL** Recent T20 highlights.
1.00 AM **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **PL Greatest Games**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 3

413 874 523 410 432

6.00 AM **Superbike World Championship Highlights** Action from round two in Portugal.
7.00 **MotoGP Classics**
10.00 **MotoGP** Action from the Grand Prix of the Americas.
1.30 PM **MotoGP Chequered Flag**
2.30 **Formula E Flashback**
3.30 **Serie A** Lazio v Torino. **3.30** Napoli v AC Milan.
5.30 **The Football Archives: UEFA Champions League**
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact** Action from the Italian top flight, including Napoli v AC Milan, Lecce v AS Roma and Juventus v Genoa.
7.00 **Discovery Golf** The latest news.
7.30 **MotoGP Highlights** Action from the Grand Prix of the Americas.
8.30 **Ultimate Pool** Group 13 in the Champions League.
10.00 **UFC** Another chance to see Brandon Moreno v Steve Erceg.
1.00 **to 6.00** AM **Gallagher Premiership Rugby Union**

TNT Sports 4

414 876 524 411 434

6.00 AM **UEFA Man in the Middle**
8.00 **The Football Archives: UEFA Champions League**
8.30 **Spanish Women's Liga F**
9.30 **T100 Triathlon World Tour**
10.00 **Isuzu UTE A-League**
4.00 PM **Ninja A-League Women Highlights** The 21st round.
4.30 **T100 Triathlon World Tour**
5.00 **Spanish Women's Liga F** Action from Granada v Barcelona.
6.00 **HSBC SVNS Highlights** The fifth round of the season in Hong Kong.
7.00 **Isuzu A-League Highlights** The 24th round of fixtures.
7.30 **WRC: More Than Machine**
8.00 **Formula E Flashback**
9.00 **The Rugby Review** Action from matchweek 13 of Gallagher Premiership Rugby.
9.45 **MotoGP Rewind** The MotoGP Grand Prix of the Americas.
10.00 **AFL** Another chance to see St Kilda Saints v Richmond Tigers.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **World Surf League**
7.00 **Transworld Sport** Magazine.
8.00 **Asian Le Mans Series**
9.00 **Champions Cup Highlights**
10.00 **PSA Squash Highlights**
11.00 **Ultimate Karting Championship**
12.00 NOON **URC in 60**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News** The big stories.
2.30 **Top 14 Rugby Union Highlights**
3.00 **LaLiga Highlights**
4.00 **URC in 60** The latest round.
5.00 **PSA Squash Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 **Women's Football Weekly**
8.00 **LaLiga** Football from Spain.
8.25 LIVE **Copa Del Rey Atletico Madrid v Barcelona.**
11.30 **Football's Greatest**
12.00 M'T LIVE **NHL Ice Hockey New York Rangers v Minnesota Wild.**
3.00 AM **NHL: This is Hockey**
3.30 **Women's Football Weekly**
4.00 **Champions Cup Highlights**
5.00 **to 6.00** AM **LaLiga Highlights**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Indy Autonomous Challenge**
10.00 **Coppa Italia** Empoli v Bologna.
12.00 NOON **German Cup**
2.00 PM **Africa Eco Race**
2.30 **Football's Greatest**
3.00 **LaLiga** Espanyol v Atletico Madrid.
5.00 **Indy Autonomous Challenge**
6.00 **Coppa Italia** Empoli v Bologna.
7.55 LIVE **Coppa Italia AC Milan v Inter Milan.** Coverage of the semi-final first-leg staged at San Siro. Kick-off **8.00pm**.
10.00 **Football's Greatest**
11.00 **GP Confidential** F1 news.
11.30 **Africa Eco Race** The 12th stage held in North and West Africa.
12.00 M'T **Temples of Sport**
12.30 AM LIVE **NHL Ice Hockey Toronto Maple Leafs v Florida Panthers.** The Eastern Conference match at Scotiabank Arena. Face-off **12.30am**.
3.30 **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Highlights from past Japanese Grand Prix races.
1.15 PM **Karun Meets Kimi Antonelli**
1.30 **Formula 1** Season highlights. **2.00** Japanese Grand Prix.
4.05 **Formula 1** Season highlights.
4.15 **Piastri Drawing**
4.20 **Formula 1** Season highlights.
4.30 **Seaplanes & Helicopters**
4.55 **F1 Explainer: What's New**
5.00 **Formula 1** A chance to see the 2022 Japanese Grand Prix.
7.15 **Formula 1** Season highlights. **7.30** Japanese Grand Prix.
12.45 AM **Formula 1** Highlights.
1.00 **F1 Academy: Wknd Wrapped**
1.30 **Formula 1** Recent action.
4.30 **F1 Drivers Press Conference**
5.30 **to 6.00** AM **Formula 1**

SKY HD SD VIRGIN HD EE HD

Thursday

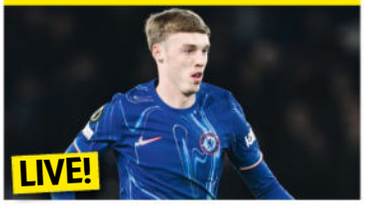
3 April

Evening Planner

Factual

Bad Dog Academy
C4, 8pm
Previously titled *The Dog Academy*, Nick Grimshaw presents as expert trainers offer advice to owners of unruly pooches.

Football

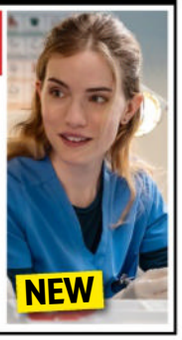


Premier League
Sky Sports Main Event & Sky Sports Premier League, kick-off 8pm
Coverage of the London derby between Chelsea and Spurs at Stamford Bridge.

OnDemand

NETFLIX

Pulse
Available today
Drama set in a Miami hospital, focusing on third-year resident Danny, who's in a relationship with her supervisor.



OnDemand

prime

The Bondsman
Available today
Action horror series starring Kevin Bacon as a bounty hunter on the trail of escaped demons from Hell.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	10.40 Question...
	102 BBC2	7.00 Mhairi Black: Being Me Again		8.00 Digging for Britain		9.00 Fake or Fortune?		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bad Dog Academy		9.00 24 Hours in A&E		10.00 Dispatches Special	
	105 5	7.00 Portugal with Michael Portillo		8.00 The Yorkshire Vet		9.00 The Madame Blanc Mysteries		10.00 Ambulance: Code Red	
	106 SKY SHOWCASE	◂ 6.55 The Simpsons			8.10 Rob Beckett's Smart TV	9.00 Gangs of London		10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.00 Top Gear				9.00 Stacey Dooley: Inside Spain's Narco...		10.00 Stacey Dooley: Ready for War?	
	116 BBC4	7.00 Frozen Planet II		8.00 Film: The Great Gatsby			9.30 The Great Gatsby: Midnight In...		10.20 Film: How the West...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 The Murder of Olly Stephens: Social...		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 George Clarke's Old House, New Home		9.00 Grand Designs		10.00 Britain's Most Expensive Houses	
	135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.00 The Inbetweeners		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Law & Order: Special Victims Unit		10.00 FBI: International	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Gangs of London		10.00 Small Town, Big Story	
	110 U&GOLD	◂ 6.55 Only Fools and...	7.35 Dad's Army			9.00 Men Behaving Badly			10.15 Mrs Brown's Boys
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	◂ 6.45 Snooker: Tour Championship – Live: The evening session on day four						10.00 An Audience with Billy Connolly	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: White Chicks			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX		7.05 Stargate SG-1		8.10 Rob Beckett's Smart TV	9.00 A League of Their Own: The Rally		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 Death in Paradise		9.00 Murdoch Mysteries		10.00 Father Brown	
	130 SKY ARTS	◂ 6.30 Douglas Adams: The Man Who...		8.00 Science Fiction in the Atomic Age		9.00 Film: The Man Who Fell to Earth			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Ambulance Australia		9.00 Nurses on the Ward			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Guardians of Rescue				10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.		9.00 David Blaine Do Not Attempt		10.00 Air Crash Investigation	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 Swamp People		9.00 The UnBelievable with Dan Aykroyd		10.00 Mysteries from Above	
	155 U&YESTERDAY	7.00 Our Guy in Latvia		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS		7.05 Shaq	8.00 The Anarchists		9.00 JFK Revisited: Through the Looking Glass			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.10 Borat Subsequent Moviefilm		8.00 It Ends with Us					10.15 Coming 2 America
	302 ADVENTURE	◂ 6.00 Yogi Bear	7.30 The Lego Batman Movie				9.20 The Portable Door		
	303 HITS	◂ 6.15 Cats & Dogs		8.00 The Legend of Tarzan				10.00 The Scorpion King	
	304 GREATS	◂ 6.20 Airplane II – The Sequel		8.00 Singin' in the Rain				10.00 Wonderful Life	
	305 ANIMATION	◂ 5.55 Trolls	7.35 The Nut Job			9.10 Boonie Bears: Guardian Code			
	306 FAMILY	◂ 5.35 E.T. The Extra...	7.30 Ghostbusters: Frozen Empire				9.30 Cats & Dogs: The Revenge of Kitty Galore		
	307 ACTION	◂ 6.25 The Mechanic		8.00 Snow White and the Huntsman					10.15 Green Lantern
	308 COMEDY	◂ 6.25 The Naked Gun 2½: The Smell of Fear		8.00 Death Becomes Her				9.50 Weird Science	
	309 THRILLER	◂ 6.20 Retribution		8.00 Miami Vice					10.20 Collateral
	310 DRAMA	◂ 6.30 Speak Like a Child		8.00 Footloose				10.05 To Olivia	
	311 SCI-FI	◂ 6.00 The Nun II		8.00 Five Nights at Freddy's				9.55 Arrival	
	313 FILM4	◂ 5.55 Transformers: Dark of the Moon				9.00 Braveheart			
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 Premier League – Live: Chelsea v Tottenham Hotspur (Kick-off 8.00)					10.00 Premier League Darts – Live	
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 Premier League – Live: Chelsea v Tottenham Hotspur (Kick-off 8.00)						
	403 FOOTBALL	7.00 EFL Highlights		8.00 Scottish...	8.30 Bundesliga	9.00 Bundesliga...	9.30 EFL Highlights	10.00 Scottish...	10.30 Bundesliga
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	7.00 NBA Action	7.30 AFL				9.30 Reload	10.00 NBA	
	411 TNT SPORTS 2	◂ 6.00 MLB – Live: Philadelphia Phillies v Colorado Rockies (Start-time 6.05)					9.30 UFC		

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)
11.15 **Homes Under the Hammer** New edition From Essex. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition Tourists are stopped on suspicion of carrying illegal drugs. (S)
2.30 **Clive Myrie's Caribbean Adventure** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)(AD)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Election Broadcast** (S)

7.30 EastEnders

7 PM

7.00 **The One Show** Alex Jones and Angellica Bell present the topical show. (S)
7.30 **EastEnders** Tensions continue to rise between the Slaters and Ruby, while Linda gives Sharon food for thought. (S)(AD)

8 PM

8.00 **Dragons' Den** A Berkshire couple hope to rake in some offers on their multipurpose gardening tool, and the Den sees a fashion show for an adaptive clothing range catering for a variety of disabilities. (S)(R)(AD)

9 PM

9.00 **The Apprentice** New edition 10/12. The remaining candidates are tasked with launching an environmentally conscious, sustainable fashion brand. (S)
■ *The Apprentice: You're Fired* follows on BBC2

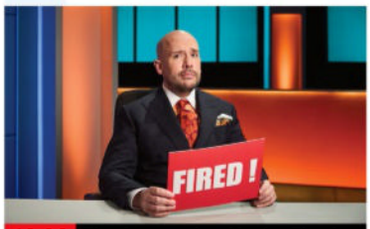
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Cardiff to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 **Newscast** A panel of journalists hosts a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Policing Paradise** (S)(R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Dom Digs In** (S)(R)
3.45 **Chris and Meg's Wild Summer** (R)
4.15 **Sea Cities** Humber Estuary. (S)(R)
5.15 **Flog It!** Paul Martin hosts from Capesthorne Hall, Cheshire. (S)(R)
6.00 **Richard Osman's House of Games** Scarlette Douglas, Max George, Susie McCabe and Olly Smith test their trivia skills. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 19/20. In Bayeux, Michael Portillo admires the famous tapestry. (S)



10.00 The Apprentice: You're Fired

7.00 **NEW Mhairi Black: Being Me Again** The former SNP MP talks about politics and neurodiversity as she steps on stage for the first night of her stand-up show *Politics Isn't for Me* at the Edinburgh Festival Fringe. (S)

8.00 **Digging for Britain** 1/6. Alice Roberts witnesses the uncovering of a Roman mosaic on farmland in Rutland, and visits the site of a saintly hermit's hovel discovered in the Lincolnshire fens. (S)(R)(AD)

9.00 **Fake or Fortune?** Fiona Bruce and Philip Mould investigate a small oil painting of a man praying in a mosque, a scene filled with intriguing detail, believed to be the work of Jean-Leon Gerome. (S)(R)(AD)

10.00 **The Apprentice: You're Fired** New edition 10/11. Tom Allen meets the show's freshly rejected candidate. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Tribe with Bruce Parry** 1/3. The explorer travels into the Colombian Amazon to meet the Waimaha people. (S)(R)(AD)
12.05 AM **Sign Zone: Rose Ayling-Ellis – Old Hands, New Tricks** (S)(R)(AD)
1.05 **Sign Zone: Great British Menu – The Finals** The finalists compete to win the dessert course. (S)(R)
2.05 **Sign Zone: Beyond Paradise** (R)
3.05 **Sign Zone: Lifeline** (S)(R)
3.15 **to 6.30** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 **LIVE Racing: Grand National Festival** Ed Chamberlin presents coverage of the first day of the event from Aintree, including the 2.55 Aintree Bowl and the 3.30 Aintree Hurdle, plus races at 1.45, 2.20, 4.05 and 4.40. With analysis from AP McCoy, Ruby Walsh, Adele Mulrennan and Mick Fitzgerald. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.20 **Party Election Broadcast** By the Green Party. (S)
6.30 **ITV News** (S)

1.30 Racing: Grand National Festival

7.30 **Emmerdale** Ella's behaviour is alarming, Pollard gets the wrong idea, and Mandy is worried. (S)(AD)

8.30 **Tonight: Cancer Under 50 – Searching for Answers** New edition Delving into the causes behind a rise in cancer diagnoses among adults under the age of 50 in the UK. (S)

9.00 **Coronation Street** Kevin and Tyrone row over their wayward offspring after Jack and Hope have a brush with the law, Mick invites Chesney for a drink, while Dee-Dee resolves to make an official complaint. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Bradley & Barney Walsh: Breaking Dad** 1/6. The actor and his son start their latest adventure in Tokyo, Japan. (S)(R)(AD)
11.10 **Kate Garraway's Life Stories** Broadcaster Jeremy Kyle talks candidly about his life. (S)(R)
12.15 AM **Teleshopping**
3.00 **Emergency Nurses: A&E Stories** Ben battles to shock a patient's heart electrically while Kerryn has to manipulate a young boy's leg fracture. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ant & Dec's Limitless Win** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 5-8/26. (S8) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 19-22/24. (S2) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A property search on the Costa del Sol. (S)(R)
4.00 **A New Life in the Sun** Somebody pops the question at Paul and Tara's gîte business in France. (S)(R)
5.00 **Chateau DIY** New edition At Château du Puits Es Pratx, Tim and Sasha set about turning a barrel into a wine store. (S)(AD)
6.00 **A Place in the Sun: What Happened Next?** Catching up with the owners of properties in Spain and Portugal. (S)(R)

8.00 Bad Dog Academy

7.00 **News** (S)

8.00 **NEW SERIES Bad Dog Academy** A team of expert trainers join Nick Grimshaw to take on the nation's naughtiest dogs, offering some much-needed advice to their owners. (S)(AD)

9.00 **24 Hours in A&E** New edition A 56-year-old man is airlifted to Nottingham's Queen's Medical Centre after crashing his motorbike at speed. Surgeons need to act quickly to save the patient's leg from amputation. (S)(AD)

10.00 **NEW Dispatches Special** Investigative series covering issues in British society, politics, international current affairs, health, religion and the environment. (S)(AD)
11.00 **999: On the Front Line** (S)(R)
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
12.55 **Travel Man: 48 Hours in Lanzarote** With Jessica Fostekew. (S)(R)(AD)
1.25 **Tempting Fortune** (S)(SL)(R)(AD)
3.15 **Dreamers** 1&2/6. (S1) (S)(R)(AD)
4.05 **Unreported World** (S)(SL)(R)(AD)
4.30 **Kirstie's Fill Your House for Free**
4.50 **Kirstie and Phil's Love It or List It** From Swansea. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

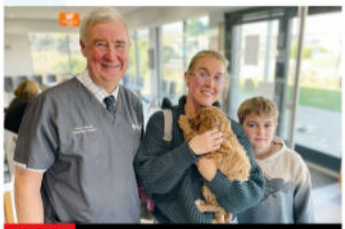
+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **The Girl with No Name** Thriller starring Kabby Borders and Brianna Butler. (S) (2024, U, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition 4/10. Sommelier Carlo discovers one of the ship's 'must have' wines is out of stock. (S)
5.00 **News** (S)
6.00 **Eggheads** First 'N' Last from Pembrokeshire take part. (S)(R) **6.25** Strangers on a Train take on the quiz experts. (S)(R)
6.55 **News** (S)



8.00 The Yorkshire Vet

7.00 **Portugal with Michael Portillo** 5/6. Michael's trip continues in two of the country's most important cities – Aveiro and Coimbra. (S)(R)
7.55 **News** (S)
8.00 **The Yorkshire Vet** New edition Peter Wright's heart is melted by a nine-week old Cockapoo puppy with a deformed leg, and he tries to perform a successful operation to help it to find a new home. (S)
9.00 **The Madame Blanc Mysteries** New episode *Bad Education:* 3/6. After the nightwatchman at a library is attacked and a statue is decapitated, Jean is determined to find out who is responsible. (S4) (S)(AD)
10.00 **Ambulance: Code Red** Paramedics respond to calls of a man who has collapsed in a hotel bathroom, a woman with a broken leg after slipping on some steps, and a collision between two motorcyclists. (S)(R)(AD)
11.05 **Skin A&E** Dr Natalia Spierings tackles one of the biggest lipomas of her career. (S)(R)(AD)
12.05 AM **999: Emergency Call Out**
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Inside the Tower of London** (R)
3.50 **Britain by Bike with Larry & George Lamb** (S)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 15/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *The Tipping Point:* Homer flips out when tipping culture gets out of hand across Springfield. (S)(R) **5.30** *Do the Wrong Thing:* Homer and Bart become kings of the blue-collar sports circuit. (S)(R)
6.00 **The Office (US)** 12/22. Michael looks for sympathy after he burns his foot. (S)(R) **6.30** 13/22. Jim comes to regret telling Michael about his crush on Pam. (S2) (S)(R)

6.00 The Office (US)

6.55 **The Simpsons** *Bart's Brain:* Bart buys a jar with a brain inside. (S)(R) **7.20** *Elementary School Musical:* Lisa embraces her creative side at a performing arts camp. (S)(R) **7.45** *Loan-a-Lisa:* Grampa decides to give each member of the family $50. (S)(R)
8.10 **Rob Beckett's Smart TV** Jason Watkins, Richard Madeley, Charlotte Ritchie and Chris McCausland join the regulars on the comedy panel show. (R)
9.00 **Gangs of London** New episode 3/8. Elliot's investigation puts him on a direct collision course with the Mayor, and Marian decides whether to reunite with her family. (S3) (S)
■ Entire series on Box Sets
10.00 **Never Mind the Buzzcocks** Joel Corry, Self Esteem and Joe Wilkinson join guest captain Sophie Willan and regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)
10.50 **An Idiot Abroad 2** 2/8. Karl Pilkington boards the Trans-Siberian Express to China. (S)(R)(AD)
11.50 **Veep** 9/10. Selina's book finally arrives. (S)(R)(AD) **12.30** AM 10/10. Selina and her team prepare for the long-awaited construction of her library. (S6) (S)(R)(AD)
1.10 **Road Wars** Double bill. (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 15/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.15am Bargain Hunt (S)(R)(AD) **12.00noon-1.00pm** First Minister's Questions (S) **7.00-7.30pm** River City (S)(R)(AD) **12.10am** Scotcast (S)(R) **12.40** Weather for the Week Ahead (S) **12.45-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm The View (S) **11.20** Question Time (S) **12.20am** Newscast (S) **12.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00pm The Great House Revival New edition (S) **7.50** The Chronicles of Belfast (S)(R) **8.00-9.00** NEW Mhairi Black: Being Me Again (S) **11.05** The Crime I Can't Forget (S)(R) **11.55pm-12.05am** Gardening Together with Diarmuid Gavin (S)(R)

WALES
Sky 968, Freesat 968
7.00pm Scrum V: The Warm Up (S) **7.30** Feast of Football New edition (S) **8.00-9.00pm** NEW Mhairi Black: Being Me Again (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Dim Byd i'w Wisgo **1.30** Y Tyrchwyr gyda Iolo Williams (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Yr Afon **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sin (AD) **6.30** Clwb Rygbi **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Y Byd yn ei Le New edition **9.45** Y Llais **11.15-11.50pm** Cais Quinnell (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy Clarkson attempts to create his own version of the Battle of Britain.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson races a Shelby Mustang GT500 against James May and Richard Hammond, who take the pan-European rail network, in a sprint from London to Milan.
9.00 **Stacey Dooley: Inside Spain's Narco Wars** How southern Spain has become the main gateway for drugs into Europe.
10.00 **Stacey Dooley: Ready for War?** Stacey follows a group of Ukrainian civilians through army training.
11.00 **Charlotte in Sunderland**
12.00 M'T **The Tooney and Russo Show** New edition
12.30 AM **Top Gear** As 7.00pm.
1.30 **Ashley Cain: Into the Danger Zone**
2.30 **The Big Proud Party Agency** Documentary.
3.00 **to 4.00** AM **Charlotte in Sunderland**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Frozen Planet II** The wildlife that inhabits the snow-covered forest and open tundra of the far north.
8.00 FILM **The Great Gatsby** Romantic drama based on F Scott Fitzgerald's novel, starring Mira Sorvino, Toby Stephens and Paul Rudd. In 1920s Long Island, a wealthy bootlegger's determination to win back the love of his life leads to tragedy. (2000, 12, 94min) ★★
9.30 **Omnibus: The Great Gatsby – Midnight in Manhattan** A profile of writer F Scott Fitzgerald.
10.20 FILM **How the West Was Won** Epic Western chronicling the development of the American frontier, starring James Stewart. (1962, PG, 162min) ★★★
12.50 AM **Timeshift: Of Ice and Men** Documentary.
1.50 **Omnibus: The Great Gatsby – Midnight in Manhattan** As 9.30pm.
2.40 **to 3.40** AM **Frozen Planet II**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.30 **A New Life in the Sun**
11.30 **Narrow Escapes**
1.35 PM **Come Dine with Me** Five editions of the culinary competition from in and around Newcastle.
4.15 **Four in a Bed** Five editions of the B&B challenge.
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a 1983 Citroën 2CV, only to find it has already been stripped down to its component parts.
7.55 **George Clarke's Old House, New Home** George helps a nurse who needs to expand her tiny Edwardian workers' cottage and a couple who dislike the Italian-style interior of their detached home.
9.00 **Grand Designs** Physical therapist Ara and researcher Tony set out to create a home focused on health and wellbeing near Henley-on-Thames while they live on site and manage the project themselves.
10.00 **Britain's Most Expensive Houses** Guy and John conduct a valuation on a country retreat with an indoor spa and panoramic views.
11.05 **24 Hours in A&E**
1.15 AM **Emergency Helicopter Medics**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.30 **Married at First Sight Australia** New edition The fourth dinner party marks the halfway point of the experiment, and some of the couples are more divided than ever.
9.00 **The Inbetweeners** 1/6. First episode of the comedy. **9.35** 2/6. The friends decide to play truant. (S1)
10.05 **Gogglebox** Views on *This Is Going to Hurt* and *Byron Baes.*
11.05 **Naked Attraction's Best Naughty Bits**
12.10 AM **Married at First Sight Australia** As 7.30pm.
1.40 **Rick and Morty**
2.10 **Common Side Effects** New episode Animation.
2.35 **Gogglebox**
3.30 **Abbott Elementary**
3.55 **Modern Family**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **The Neighborhood**

+1 hour 235/236 | 306 | 30 | 123

Thursday primetime primetime

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 14/16. (S5)
12.00 NOON **The Good Doctor** (S3)
1.00 PM **The Rookie** 8/14. The son of a judge with many enemies is kidnapped. (S3)
2.00 **Chicago Fire** 6/13. Brett prepares to say goodbye. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **FBI: Most Wanted** *Tough Love:* 3/22. A judge known for serving harsh sentences to juveniles is found murdered. (S3)

9 PM
9.00 NEW SERIES **Law & Order: Special Victims Unit** *Fractured:* 1/20. The team investigate an attack on law students. (S26)

10 PM
10.00 **FBI: International** *Bhitw:* 10/22. An American player from a Lithuanian basketball team goes into cardiac arrest. (S2)
11.00 **The Good Doctor** 7/20. (S3)
12.00 M'T **FBI** 3/22. (S1)
1.00 AM **FBI: Most Wanted** (S3)
2.00 **The Good Doctor** 4/20. (S3)
3.00 **Air Ambulance ER** A teenager suffers a major head injury.
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **True Blood** 2&3/10. (S7)
10.10 **Six Feet Under** 4&5/12. (S4)
12.20 PM **Game of Thrones** (S7)
1.25 **Westworld** 8/8. (S4)
2.40 **My Brilliant Friend** 1/8. (S1)
3.40 **True Blood** 2/10. Sookie and Jason visit a nearby town. **4.40** 3/10. Sookie hatches a dangerous plan. (S7)
5.45 **Six Feet Under** 4/12. David's ex-fiancée asks him for help. **6.50** 5/12. David picks up an unbalanced hitch-hiker. (S4)

9.00 Gangs of London

7.55 **Game of Thrones** *The Spoils of War:* 4/7. Daenerys launches a surprise attack on the Lannister army, and Jaime and Bronn collect the spoils of war. (S7)

9.00 **Gangs of London** New episode 3/8. Marian decides whether to reunite with her family. (S3) ■ Entire series on Box Sets

10.00 **Small Town, Big Story** Series finale *The Turd Man:* 6/6. Wendy and Seamus return. (S1) ■ Entire series on Box Sets
11.00 **Homicide: Life on the Street**
12.00 M'T **Gangs of Milan: Blocco 181** 3/8. Victor attacks Rizzo. Subtitled. (S1)
1.05 AM **Watchmen** 7/9. (S1)
2.15 **Mare of Easttown** 7/7. (S1)
3.40 **Game of Thrones** As 7.55pm.
4.45 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S3)
8.00 **The Flash** 3/13. (S9)
9.00 **Stargate SG-1** (S4)
11.00 **Supergirl** 12/22. (S2)
12.00 NOON **The Flash** 4/13. (S9)
1.00 PM **Hawaii Five-0** (S3)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 15/22. Hondo's informant friend is killed. (S1)
5.00 **Supergirl** 11/22. A White Martian arrives to take M'gann back to Mars to face her punishment as a traitor. (S2)
6.00 **Stargate SG-1** 21/22. An old acquaintance seeks help. (S4)

10.00 Small Town, Big Story

7.05 **Stargate SG-1** *Exodus:* 22/22. Part one of three. The team pay a visit to the Tok'ra homeworld in Cronos's mothership. (S4)

8.10 **Rob Beckett's Smart TV** With guests Chris McCausland, Jason Watkins, Charlotte Ritchie and Richard Madeley.

9.00 **A League of Their Own: The Rally** 2/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis continue their race.

10.00 **Small Town, Big Story** Series finale *The Turd Man:* 6/6. Wendy and Seamus return. (S1) ■ Entire series on Box Sets
11.00 **Resident Alien** 5/10. Harry is introduced to the concept of marriage. **12.00** M'T 6/10. The mayor hires a new doctor. (S1)
1.00 AM **Poker Face** 7/10. (S1)
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 15/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
11.55 **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **In with a Shout**
3.00 **Hart of Dixie** 4/22. A heatwave intensifies Zoe's attraction to Wade. (S1)
4.00 **Gilmore Girls** 4/22. Logan visits New York with Rory. (S6)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Richard Blackwood, Julia Bradbury and Roman Kemp.

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Zee takes on the Banker for the chance to win a life-changing cash prize.

8.00 **The 1% Club** Quiz game show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **The Murder of Olly Stephens: Social Media Murders** Exposing the chilling plot carried out by Olly Stephens' killers.

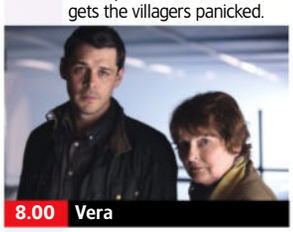
10.00 **Family Guy** 9/21. Carter has a heart attack and lapses into a coma. **10.35** 10/21. Peter develops amnesia. (S8)
11.05 **Family Guy** 2/21. (S8)
11.35 **American Dad!** (S4)
12.35 AM **Bob's Burgers** (S7)
1.35 **Don't Hate the Playaz**
2.20 **Deep Fake Neighbour Wars**
2.45 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *Below the Surface.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.45 **Endeavour** *Sway:* Morse hunts a serial murderer who is strangling married women.
5.55 **Heartbeat** *A Wolf in Sheep's Clothing:* the arrival of a tax inspector in Aidensfield gets the villagers panicked.



8.00 Vera

6.55 **Heartbeat** *Friends and Relations:* Clare finds herself under suspicion when a party ends with a drugs-related death.

8.00 **Vera** *Broken Promise:* The detective investigates when a student falls to his death in mysterious circumstances, so Vera turns to friends and family to glean all she can about the dead man.

10.00 **Foyle's War** *The French Drop:* When a man's remains are discovered, Foyle's investigations lead him into the world of espionage, where murder and deception are rife.
12.00 M'T **Endeavour** As 3.45pm.
1.45 AM **Where the Heart Is**
2.40 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught**
8.00 NEW SERIES **Beechgrove Garden** Carole Baxter and Brian Cunningham review how the garden has survived the winter.
8.30 NEW SERIES **Landward** Dougie Vipond helps out at a farm in Ayrshire during lambing season.
9.00 **Mrs Brown's Boys** 2/6. Agnes throws Trevor a leaving party. (S2)
9.30 **Two Doors Down** 1/6. Cathy, Colin, Ian and Gordon head to Eric and Beth's house for Burns Night. (S3)
10.00 **Paramedics on Scene** 1/10. Paramedics assist a man trapped under his own floorboards.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Burnistoun** 6/6. (S2)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Run** 2&3/7. (S1)
9.15 **The Conners** (S3)
10.10 **Veep** 7&8/10. (S3)
11.25 **Ballers** 2&3/9. (S4)
12.35 PM **Curb Your Enthusiasm** (S7)
1.55 **Veep** 7&8/10. (S3)
3.10 **Ballers** 2&3/9. (S4)
4.25 **Run** 2&3/7. (S1)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S3)
7.40 **Curb Your Enthusiasm**
9.00 **Girls** 9/10. News that Tally Schifrin has been offered a publishing deal fills Hannah with jealousy. **9.35** 10/10. Marnie moves in with Shoshanna after her argument with Hannah. (S1)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.10 **Barry** 7&8/8. (S1)
12.30 AM **Veep** 9&10/10. (S6)
1.40 **Divorce** 1&2/8. (S2)
2.55 **Jerrod Carmichael Reality Show**
4.00 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Cirque du Soleil**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Classic Movies**
12.00 NOON **Landscape...**
1.00 PM **Tales of the...**
2.00 **Stories from the National Gallery**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
6.30 **Douglas Adams: The Man Who Imagined Our Future**
8.00 NEW SERIES **Science Fiction in the Atomic Age**
9.00 FILM **The Man Who Fell to Earth** Fantasy. (1976, 18, 140min) ★★★★
11.40 **Bowie: The Man Who Changed the World**
1.40 AM **Offended by Irvine Welsh**
2.40 **Punchdrunk: Behind the Mask**
3.40 **South Bank Originals**
4.40 **to 6.00** AM **Highlights**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare**
4.00 **Primeval** 5/7. (S2)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager**
8.00 **Hawaii Five-0** (S9)
9.00 **Murdered at First Sight**
10.00 **How I Caught the Killer** A newlywed man who was murdered by his wife's long-term stalker. **11.00** The story of a killer wife who put her husband's remains in multiple suitcases.
12.00 M'T **Grimm** 6/22. (S1)
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Family Diaries**
9.10 **Dubai Dishes**
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Great Chocolate Showdown**
8.00 **Dinner Date**
9.00 **The Other Mrs Jordan**
10.00 **Botched** Medical series.
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 8/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 13/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S5&6)
9.00 **Randall and Hopkirk (Deceased)** *Vendetta for a Dead Man:* 24/26. Jeannie's life is in serious danger when a violent criminal escapes from his psychiatric unit. (S1)
10.00 **The Avengers** *Noon Doomsday:* 10/33. An old enemy plots to kill a hospitalised Steed. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S5&6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **Minder**
7.20 **The Sweeney**
8.25 **The Saint**
9.30 **Racing: The Opening Show**
10.30 **Kojak**
11.40 **BattleBots** New edition Ripperoni, Black Dragon, Quantum and Hydra compete.
12.45 PM **LIVE Snooker: Tour Championship** Coverage of the afternoon session on day four from Manchester Central.
4.30 **Minder**
5.35 **The Sweeney**

4.30 Minder

6.45 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on day four from Manchester Central, featuring the conclusion of two quarter-finals, played over the best of 19 frames. With analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, and commentary by Phil Yates and David Hendon.
10.00 **An Audience with Billy Connolly** The comedian entertains a celebrity crowd, including Ringo Starr and Clive James.
11.05 **River Monsters** Jeremy Wade investigates a mysterious sea creature in Indonesia, which has claimed the lives of several local fishermen.
12.00 M'T **Auf Wiedersehen, Pet**
2.00 AM **Two and a Half Men** (S2)
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 18/26. (S7)
2.00 **Warehouse 13** 5/6. (S5)
3.00 **Stargate SG-1** 17/20. (S10)
4.00 **Star Trek: Voyager** 1/26. (S4)
5.00 **Star Trek: Deep Space Nine** 18/26. Sisko's relationship with Kasidy is jeopardised. (S7)
6.00 **Star Trek: Enterprise** 3/26. The crew members discover an abandoned ship. (S1)

11.00 The Ark

7.00 **Warehouse 13** *Cangku Shisi:* 5/6. An old enemy attempts to move the Warehouse. (S5)
8.00 **Stargate SG-1** *Talion:* 17/20. The team members are forced to decide between Teal'c and millions of lives. (S10)
9.00 **Grimm** *My Fair Wesen:* 20/22. A creature controls a group of homeless women and forces them to commit crimes. (S3)
10.00 **The Walking Dead** *Forget:* 13/16. Rick and his group try to acclimatise to their new surroundings in Alexandria. (S5)
11.00 **The Ark** 5/12. Sacrifices must be made when a radiation leak sparks crisis on the ship. **12.00** M'T 6/12. The crew must devise a plan after identifying a planet that is rich in much-needed fuel. (S1)
1.00 AM **True Blood** 11 & 12/12. (S2)
3.00 **Spawn** 5&6/6. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 17/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S13&14)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 17/20. Charlie gets a break in a long-unsolved kidnapping case that has haunted him. (S5)
6.00 **Body of Proof** 3/9. One of Megan's former patients is murdered. (S1)

9.00 Murdoch Mysteries

7.00 **The Mentalist** *Red John:* 8/22. Jane seeks solace in a church as he prepares to come face to face with Red John. (S6)
8.00 **Death in Paradise** *The Early Bird:* 6/8. Tragedy strikes when a birdwatcher is stabbed to death with his own knife. (S3)
9.00 **Murdoch Mysteries** New episode *When Rubber Meets the Road:* 9/22. A factory worker is found dead. (S18)
10.00 **Father Brown** *The New Order:* The priest finds his position under threat when he clashes with an influential new parishioner.
11.00 **The Mentalist** As 7pm.
12.00 M'T **Body of Proof** As 6pm.
1.00 AM **Elementary** 5/24. Sherlock and Joan believe New York City's Mafia may be behind a murder. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
8.55 **I Didn't Know You Cared**
9.35 **Hi-de-Hi!**
10.15 **Only Fools and Horses**
10.55 **Last of the Summer Wine**
12.15 PM **Keeping Up Appearances**
12.55 **I Didn't Know You Cared**
1.35 **Dad's Army**
2.15 **Only Fools and Horses**
2.55 **Hi-de-Hi!**
3.35 **Last of the Summer Wine**
4.55 **I Didn't Know You Cared**
5.35 **Keeping Up Appearances**
6.15 **Hi-de-Hi!**

11.25 The Royle Family

6.55 **Only Fools and Horses** The Trotters help a pregnant German woman.
7.35 **Dad's Army** Corporal Jones finds himself cast adrift during an exercise. **8.15** Captain Mainwaring decides to send his men on lengthy route marches to harden their feet.
9.00 **Men Behaving Badly** Gary invents a promiscuous past. **9.35** The housemates have a sleepless night as Gary goes in search of a 24-hour chemist.
10.15 **Mrs Brown's Boys** Agnes looks for a date.
10.55 **dinnerladies** The canteen staff await a royal visit.
11.25 **The Royle Family** Denise and Dave share some happy news.
12.10 AM **Miranda**
12.50 **Men Behaving Badly**
2.50 **dinnerladies**
3.20 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May: The Reassembler** Tackling a 1957 Bakelite dial telephone.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** The duo go sea-fishing during a monsoon.
6.00 **Rick Stein: From Venice to Istanbul** The chef arrives in Istanbul to conclude his trip.

5.00 The Hairy Bikers' Asian...

7.00 **Would I Lie to You?** With Rhod Gilbert, Ronan Keating, Ellie Taylor and Georgia Toffolo.
7.40 **Richard Osman's House of Games** With Jen Brister and Zoe Williams. **8.20** With Amanda Lamb, Stephen Bailey, Crystelle Pereira and Nick Moran.
9.00 **QI XL** Guests Frankie Boyle, Lucy Porter and Ross Noble join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Steph McGovern hosts the satirical quiz, with Miles Jupp and Sayeeda Warsi.
11.00 **Alan Davies: As Yet Untitled** With Steph McGovern, Ed Byrne, Archie Maddocks and Matt Edmondson.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** From Stockton.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **A Place in the Sun**
7.45 **The Great Celebrity Bake Off for Stand Up to Cancer** With Kate Garraway, Phil Wang, Gbemisola Ikumelo and Sophie Willan.
9.00 **FILM Mrs Harris Goes to Paris** Comedy drama with Lesley Manville and Isabelle Huppert. (2022, PG, 115min) ★★★★
11.20 **Gogglebox** Double bill.
1.20 AM **999: On the Front Line** Documentary.
2.25 **24 Hours in A&E**
4.25 **to 5.00** AM **Travel Man: 48 Hours in Lanzarote**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Burden of Proof:* 7/24. Gibbs investigates a potential miscarriage of justice. **7.00** *Voices:* 8/24. A mysterious voice leads a jogger to the scene of a murder. **8.00** *Ready or Not:* 9/24. The agents spend Thanksgiving searching for an arms dealer on the loose in DC. (S15)
9.00 **Blue Bloods** *Down the Rabbit Hole:* 20/22. Serial killer Thomas Wilder attaches a message to his latest victim that taunts Danny. (S6)
10.00 **Law & Order: Special Victims Unit** (S18)
1.50 AM **Private Eyes** (S4)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Extreme Nightmare Tenants** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** Treating a haematoma.
10.00 **A&E: Crash Scene Emergency**
11.00 **Call the Bailiffs: Time to Pay Up**
12.00 M'T **Skin A&E**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.25 **Outback Truckers**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM **FILM Gunfight at Comanche Creek** Western adventure. (1963, U, 90min) ★
2.15 **FILM The Wild and the Innocent** Western. (1959, PG, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell: Mega Rollovers** New edition A fuel tanker that has rolled down a hillside and landed on its side.
10.00 **Outback Truckers** Matt Adams transports a bull.
11.00 **Air Crash: Disaster Revealed** Documentary.
12.00 M'T **Doomsday: Caught on Camera**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
12.00 NOON **DIY SOS: Grenfell** Property series.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy with a broken leg.
8.00 **Ambulance Australia**
9.00 **Nurses on the Ward** Renal nurse Neil treats a 19-year-old whose kidney transplant is failing. **10.00** One of Advanced Nurse Practitioner Caroline's patients is deteriorating rapidly.
10.55 **Emergency: First Time Medics** Double bill.
12.55 AM **The School That Tried to End Racism Australia** Documentary.
1.45 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.05 **Doctors**
8.40 **Classic Doctors**
9.15 **Classic Holby City**
10.15 **Classic Casualty**
11.20 **The Bill**
12.20 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great...**
5.25 **One Foot in the Grave**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective** *The Gentle Giant – Part Two:* 6/8. (S1)
9.00 **Bergerac** Series finale *Fred:* 6/6. The race is on to find Kim before she comes to harm. (S1)
■ Entire series on U
10.10 **New Tricks** *Ghosts.*
11.30 **Bergerac**
12.35 AM **Taggart**
3.20 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Catherine Southon and Philip Serrell look for bargains in Christchurch. **8.00** Philip Serrell and Catherine Southon visit the West Country.
9.00 **My Haunted Hometown** New edition In the paranormal realm, entities demand attention with their activity.
10.00 **The Osbournes Want to Believe**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include a cabinet displaying a bride's veil.
7.00 **Tenable** Five friends united by their love of Scrabble take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.00 AM **FILM A Farewell to Arms** Drama. (1932, b/w, PG, 78min) ★★★
10.00 **Wanted: Dead or Alive**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM 7th Cavalry** Western. (1956, U, 77min) ★★★
2.45 **FILM Man of the West** Western. (1958, 12, 95min) ★★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM Attack Force** Crime action thriller. (2006, 15, 90min) ★
11.05 **FILM Kickboxer: Vengeance** Thriller. (2016, 15, 90min) ★★
1.05 AM **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Solar Attack** Thriller. (2005, PG) ★★
11.00 **Saving Lives at Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Amber Alert** Thriller. (2016, PG) ★★
3.00 **FILM Deadly Vows** Crime drama. (2017, PG, 84min) ★★
5.05 **FILM An Aurora Teagarden Mystery: A Very Foul Play** Drama. (2019, PG, 85min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Shooter** Thriller with Mark Wahlberg and Danny Glover. (2007, 15, 125min) ★★★★
11.35 **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
1.50 AM **FILM Crisis Point** Thriller with Rhona Mitra. (2012, PG, 87min) ★★
4.00 **to 6.00** AM **FILM Running Away** Thriller. (2017, PG, 90min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM Love and Sunshine** Drama. (2019, PG, 100min) ★★
10.05 **FILM Love to the Rescue** Drama. (2019, PG) ★★
12.00 NOON **FILM Team Bride** Drama. (2023, U) ★★
2.00 PM **FILM Love on the Menu** Romantic drama. (2019, PG, 90min) ★★
3.55 **FILM Love's Sweet Recipe** Romantic drama. (2021, PG, 85min) ★★
6.00 **FILM As Gouda As It Gets** Comedy drama. (2020, PG, 90min) ★★
8.00 **FILM Season for Love** Romantic drama. (2018, PG, 84min) ★★
9.55 **FILM Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
11.50 **FILM Appetite for Love** Comedy. (2016, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Inspiring Love** Drama. (2023, PG, 85min) ★★
+1hour 320 63

Rewind TV
182 92

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 7/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 28/36. (S1)
12.00 NOON **Shine on Harvey Moon** 5/9. (S3)
1.00 PM **Blue Thunder** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 12/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 7/9. (S4)
6.00 **Bewitched** 28/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 10/20. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Thriller** 9/10. (S1)
1.00 AM **Space 1999** (S1)
2.00 **Monkey** 13/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters: Mine SOS**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Northwestern* falls behind schedule. **8.00** First-time crewmen are tested by the winter.
9.00 **Mystery Diagnosis** A man who thought he had asthma is confused by a new symptom. **10.00** A woman experiences a series of debilitating symptoms.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's Money Saving Meals** Four editions.
11.00 **Great British Bake Off**
12.30 PM **Mary Berry Everyday** Crowd-pleasing dishes.
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Back Down the River** Fish and chips.
3.00 **Delicious Miss Brown**
5.00 **Jamie's Money Saving Meals** Four editions.
7.00 **Great British Bake Off**
8.30 **Mary Berry Everyday**
9.00 **Michel Roux's French Country Cooking**
10.00 **James Martin's Islands to Highlands**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 7/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 7/19. (S5)
11.00 **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
1.00 PM **FILM Jet Pilot** Drama. (1957, U) ★★
3.10 **FILM Jesse James Meets Frankenstein's Daughter** Western. (1966, 15, 82min) ★
5.00 **Star Trek** 1/24. (S3)
6.00 **T.J. Hooker** 8/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Young Guns** Action Western. (1988, 18, 107min) ★★★
11.05 **FILM Mojave** Thriller. (2015, 15, 91min) ★★★
12.55 AM **FILM Pandorum** Horror thriller. (2009, 15, 108min) ★★★
3.00 **to 4.45** AM **FILM The Satanic Rites of Dracula** Horror chiller. (1973, 18, 88min) ★★

Legend Xtra
317 171 69 138

6.00 AM **FILM Wild Horses**
8.00 **The Curse of King Tut's Tomb** Adventure.
10.00 **Farscape** 15/22. (S3)
11.00 **FILM Against a Crooked Sky** Western. (1976, PG, 85min) ★★
1.00 PM **FILM The Philadelphia Experiment** Mystery. (2012, 15, 89min) ★★
3.00 **Farscape** 15/22. (S3)
4.00 **Star Trek** 9/24. (S3)
5.00 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
7.00 **Farscape** 16/22. (S3)
8.00 **Star Trek** 10/24. (S3)
9.00 **FILM Legacy of Lies** Spy action thriller starring Scott Adkins. (2020, 15, 101min) ★★
11.00 **FILM The Football Factory** Violent drama starring Danny Dyer. (2004, 18, 91min) ★
1.00 **to 3.00** AM **FILM Legacy of Lies** (2020)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Curse of Skinwalker...**
12.10 PM **The Proof Is Out...**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **Close Encounters**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **UFOs: Lost Evidence**
2.00 **Paranormal: Caught on Camera – Top 100**
3.00 **Hardcore Pawn**
3.25 **Ancient Aliens**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Blenheim Palace: Behind the Grandeur** The historic clocks at Blenheim are serviced.
10.00 **The World's Most Expensive Hotels** Documentary looking behind the scenes at The Plaza in Manhattan.
11.00 **Prisoner: Cell Block H**
1.00 AM **New York Undercover**
2.00 **Bargain-Loving Brits in the Sun** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun** Salvaging a neglected presbytery in Normandy.
9.00 **Christina on the Coast** New edition Christina Hall helps a young family on a tight budget expand their living space.
10.00 **NEW SERIES Fixer to Fabulous** Dave and Jenny Marrs tackle a project for a military family.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **1000-lb Sisters**
11.00 **Outdaughtered FAQ Special**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **1000-lb Sisters**
3.00 **Outdaughtered FAQ Special**
4.00 **I Didn't Know I Was...**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
10.00 **Last Man Standing**
11.00 **Takeshi's Castle**
12.00 NOON **Guessable?**
1.00 PM **Friends** (S5&6)
9.00 **FILM White Chicks** Comedy starring Shawn and Marlon Wayans. Two FBI agents attempt to catch a serial kidnapper. (2004, 15, 109min) ★
11.15 **8 Out of 10 Cats: Best Bits** Highlights show.
11.45 **Ardal O'Hanlon: Comedy Central Live**
12.15 AM **Jeff Dunham: Comedy Central Live**
12.45 **South Park** 1&2/14. (S8)
1.45 **Beavis and Butt-Head**
1.55 **Tom Allen Absolutely Live** Stand-up comedy.
2.55 **Nigel Ng: The Haiyaa Special** Stand-up show.
3.45 **The Pep Talk**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **The Ren & Stimpy Show**
10.00 **Becker** 19&20/24. (S4)
11.00 **Friends** (S10&1)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 19&20/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 5/25. The boys define male friendship. **9.30** 6/25. Jess gets a job at a haunted house. (S2)
10.00 **Friends** 12-17/24. (S5)
1.00 AM **The Ren & Stimpy Show** 2&3/12. (S2)
1.50 **Reno 911!** 7&8/14. (S1)
2.50 **Al Murray: The Pub Landlord – Live at the Palladium**
3.40 **Becker** 19&20/24. (S4)
4.30 **New Girl** 5&6/25. (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S3)
2.00 PM **Motorway Patrol**
3.00 **Border Security: Canada's Front Line**
4.00 **Border Patrol**
5.00 **Highway Cops**
6.00 **Manifest** 4/13. (S3)
7.00 **Fantasy Island** (S1)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Tom Davis, Maisie Adam, George North and Laura Woods.
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

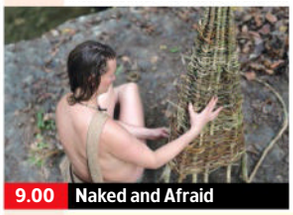
6.00 AM **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Worst Offenders** Double bill.
3.00 **Catfish: The TV Show**
4.00 **Catfish: Worst Offenders** Reality series.
5.00 **Catfish: The TV Show**
7.00 **Teen Mom UK** Amber decides she loves Ste.
8.00 **Rich Kids Go Skint** The son of two millionaires moves in with a Leytonstone family.
9.00 **Teen Mom: The Next Chapter** The fallout from Jade's intervention with Christy continues.
10.00 **Dating Naked UK**
11.00 **Aussie Shore**
12.00 M'T **Love & Hip Hop: Atlanta** New edition Yandy and Mendeecees plan a couples trip.
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Harpoon Hunters** At the mid-season peak, three centuries-old fishing strategies compete. **4.00** Niko's zapper fails at the worst possible moment.
5.00 **Deadliest Catch** Jake faces a huge magnesium fire.
6.00 **Wheeler Dealers** A 1968 International Harvester Travelall.


9.00 Naked and Afraid

7.00 **Salvage Hunters** Drew Pritchard searches the sheds of a stately home for valuable items, while Julian road-tests a tank.

8.00 **Hoffman Family Gold** Todd gets Holy Roller up and running, but unloading the wash plant leads to a huge fight.

9.00 **Naked and Afraid** New edition An extreme athlete and a risk-averse survivalist face 21 days in the Philippine jungle.

10.00 **Naked and Afraid** New edition A Canadian farmer and a U.S. military veteran take on the snake-infested Philippine jungle.

11.00 **Mystery at Blind Frog Ranch** Chad Ollinger and Eric Drummond explore a cavern deep underground.
12.00 M'T **Mountain Monsters**
1.00 AM **Naked and Afraid**
3.00 **Texas Metal** A Willys Jeep.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **Expedition Bigfoot**
4.00 **Dr Jeff: Rocky Mountain Vet** Jeff rescues a dog that was hit by a car from a free clinic. **5.00** Dr Petra comes to the rescue of a cat that has swallowed some hair ties.
6.00 **Extinct or Alive** Forrest Galante heads to Australia in search of the Tasmanian tiger.

10.00 The Last Alaskans

7.00 **Amanda to the Rescue** Amanda visits Puerto Rico in the wake of Hurricane Maria, where many pets have been separated.

8.00 **Guardians of Rescue** Group founder Rob and investigators Marceline, Bill and Elle attempt to unmask a puppy flipper.

9.00 **Guardians of Rescue** Brian and Face try to help an aggressive dog on a chain, while Dori helps a homeless vet and his cats.

10.00 **The Last Alaskans** Bob trains Ruger to be a hunting dog, while Ray prepares for a life without his daughters.

11.00 **Jungle Shark** Documentary exploring bull sharks' instinct to swim up the Serena River.
12.00 M'T **Deadliest Sharks** A profile of the deadly oceanic white tip sharks.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Hitler's Last Stand**
11.00 **Drain the Oceans: Deep Dive**
12.00 NOON **Car S.O.S**
1.00 PM **To Catch a Smuggler: Tropical Takedown**
2.00 **Air Crash Investigation**
3.00 **World War II: The Apocalypse**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** A 1938 MG TA.
6.00 **Lost Treasures of Egypt** Archaeologists investigate the queens of ancient Egypt.

8.00 Car S.O.S

7.00 **Air Crash Investigation** How the crew of a British Airways flight managed to avoid disaster in 1982 by restarting the engines.

8.00 **Car S.O.S** New edition Tim and Fuzz restore a Ford Escort XR3i to surprise a Leeds United fan on his 21st birthday.

9.00 **David Blaine: Do Not Attempt** New edition In Southeast Asia, David meets people performing with venomous creatures.

10.00 **Air Crash Investigation** A turboprop nearly crashes after being struck by lightning, temporarily disabling the controls.

11.00 **Air Crash Investigation** The crash of Air France Flight 447.
12.00 M'T **Car S.O.S**
1.00 AM **Inside Sydney Airport**
2.00 **Bid & Destroy**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Pawn Stars** Documentary.
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire Armed Forces Tournament**
9.35 **Dirty Old Cars**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Holy Marvels** Double bill.
4.00 **Secrets of Great British Castles** From York Castle.
5.00 **Pawn Stars** A rare bit of tech.
6.00 **American Pickers**

9.00 The UnBelievable

7.00 **Forged in Fire Armed Forces Tournament** The Marines step up to forge iconic combat knife, the KA-BAR.

8.00 **Swamp People** New edition A hurricane approaches Louisiana as a pair of hunters confront an aggressive predator.

9.00 **NEW SERIES The UnBelievable with Dan Aykroyd** Some of the more bizarre things that have fallen from the sky.

10.00 **NEW SERIES Mysteries from Above** A giant glacier on the Red Planet and a hexagon witnessed floating above Saturn.

11.00 **Haunted Hospitals** A teenage girl confronts a malicious entity and a nurse answers the calls of a deceased patient.
12.00 M'T **Paranormal Survivor**
1.00 AM **Rust Valley Restorers**
2.00 **Pawn Stars** As 5.00pm.
3.00 **Combat Ships**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **Warbird Workshop**
9.00 **World War Two from Above**
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Man and Beast with Martin Clunes** From Nepal.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **The World at War** Hitler's rise to power in 1930s Germany.
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Piece Hall, Halifax.

8.00 Bangers & Cash

7.00 **Our Guy in Latvia** Guy Martin travels to the Baltics to find out about the past of his Latvian grandfather.

8.00 **Bangers & Cash** Series finale Derek heads to Staffordshire to collect an unusual haul including a Lion Omnibus Reliant.

9.00 **Bangers & Cash: Restoring Classics** The team invest in a piece of French art this week – a 1971 Citroen DS21 Pallas.

10.00 **Bangers & Cash** Derek brings a small army of military hardware to Thornton le Dale including a WWII-era Willys Jeep.

11.00 **Bangers & Cash** Derek drags a Mini pick-up out of the barn where it's been for 20 years, and a 350cc Douglas Mark V motorbike from 1950 goes under the hammer.
12.00 M'T **Find It, Fix It, Flog It**
1.00 **to 3.00** AM **Retro Electro Workshop**

+1hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Crystal Hunters** Hugh and Jarrin need a miracle to keep their mining operation alive.
9.00 **Outback Opal Hunters** New edition Taking a gamble on their claim doesn't seem to be paying off for the Cheals.
10.00 **The Ultimate Cycling Show** New edition A guide to bike racing on the track, road and in the mountains.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married to Evil**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition When Debra marries Randy, his violent side takes over.
10.00 **Evil Lives Here** The story of Richard White.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Terri Ann McCoy.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea**
8.00 **48 Hours** New edition The death of Stephen Smith was a mystery in Murdaugh country.
9.00 **Fatal Attraction** New edition When the family of Shalisa O'Dell find her dead, police look at her boyfriend and ex as suspects.
10.00 **Bloodline Detectives** Series finale A woman in Texas is killed and left in an old cellar.
11.00 **Murder Calls** The story of a romantic obsession that turned deadly.
12.00 M'T **Murder: First on Scene** A young couple are randomly beaten by a group of teenagers.
1.00 AM **Fatal Attraction**
2.00 **Bloodline Detectives**
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Written in Blood**
11.00 **Medical Detectives**
2.00 PM **Written in Blood**
4.00 **Medical Detectives** A girl admits the testimony that helped convict her uncle of murder was untrue. **4.30** Investigators soon discover three murders are linked to one killer. **5.00** Police hope new technology will help solve the case of a student killed in 1984. **5.30** The blood splatter at a murder scene baffles investigators. **6.00** Police find some disturbing evidence about a woman's killer. **6.30** Investigators analyse shoe impressions found at a crime scene.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Ireland's Most Evil Killers** Catherine Nevin.
10.00 **Murdered at First Sight**
11.00 **Catching the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

6.00 AM **RAF at 100...**
8.00 **Vikings: The Rise and...**
9.00 **Pearl Harbor: The Truth**
11.00 **RAF at 100 with...**
1.00 PM **Grand Tours of...**
1.40 **Vikings: The Rise and...**
2.40 **Pearl Harbor: The Truth**
4.35 **RAF at 100 with...**
6.25 **Vikings: The Rise and Fall** Documentary.
7.30 **Pearl Harbor: The Truth** The aftermath of the attack on Pearl Harbor.
9.30 **RAF at 100 with Ewan and Colin McGregor** The actor and his former pilot brother present a celebration of the RAF's centenary.
11.25 **Grand Tours of Scotland**
12.00 M'T **The Rise and Fall of the Rust Belt**
1.10 AM **Grand Tours of...**
1.50 **Vikings: The Rise and...**
2.40 **Pearl Harbor: The...**
4.15 **Verdun: The Battle of the Great War**
5.10 **to 6.00** AM **Grand Tours of Scotland**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Sixties**
7.00 **Discovering: Samuel L Jackson**
8.00 **The Directors**
9.00 **The Civil War**
10.05 **Shaq** As 7.05pm.
11.00 **Urban Secrets**
12.00 NOON **Rewriting Trump**
2.00 PM **FILM The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
4.00 **The Directors**
5.00 **Discovering: Samuel L Jackson**
6.00 **The Civil War**
7.05 **Shaq** 4/4. Shaquille reflects on past relationships while looking ahead to his future.
8.00 **NEW SERIES The Anarchists** 1/6. The creation of the annual event, Anarchapulco.
9.00 **JFK Revisited: Through the Looking Glass** Documentary examining the assassination of US president John F Kennedy.
11.15 **The Jinx Part Two** 1&2/6.
1.15 AM **The Ringleader: The Case of the Bling Ring**
3.15 **Who Killed the KLF?**
5.00 **to 6.00** AM **Discovering: Samuel L Jackson**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Great Parks of Africa**
10.00 **Wildlife Icons**
11.00 **Big Cat Country**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Great Parks of Africa**
4.00 **Wildlife Icons**
5.00 **The Big Dry**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Waterworld Africa** The endless cycle of moving water as African rivers flow to find the ocean.
9.00 **Colombia's Wild Coast**
10.00 **Brazil Untamed**
11.00 **The Big Dry**
12.00 M'T **Big Cat Country**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Waterworld Africa**
3.00 **Colombia's Wild Coast**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Great Parks of Africa**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **WW2 Air Crash Detectives**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
2.00 **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **WW2 Air Crash Detectives**
5.00 **The Proof Is Out There: Military Mysteries**
6.00 **What on Earth?**
7.00 **Alien Files Reopened**
8.00 **Ghost Ships** Following efforts to locate wreckage of SS *Mont Blanc* and the SS *Imo*.
9.00 **Holy Marvels with Dennis Quaid** The legendary treasures of the Copper Scroll and King Solomon's mines.
10.00 **History's Greatest Mysteries** The Voynich manuscript.
11.00 **Caesar's Doomsday War**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **The Real War of Thrones**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **The Proof Is Out There: Military Mysteries**

Crime+Investigation

156 837 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Who Kill with Will Mellor**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Meet, Marry, Murder**
5.00 **Accident, Suicide or Murder?**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Homicide Squad: New Orleans** New edition Detective Rayell Johnson investigates the murder of Travis Hobbs.
10.00 **Ozark Law** New edition
11.00 **Court Cam**
12.00 M'T **Buried in the Backyard**
1.00 AM **Homicide Squad: New...**
2.00 **Ozark Law**
3.00 **Somebody's Hiding Something**
4.00 **On the Case with Paula Zahn**
5.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Malika the Lion Queen**
4.00 **Secrets of the Zoo: Penguin Party**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa** The team await the birth of a rare Indian rhino baby.
8.00 **Lawless Island** Oliver and Breanna take to the water for fresh protein. **9.00** Troy braves the cold water to recover building materials.
10.00 **Ice Road Rescue** A truck driver refuses the offer of help. **11.00** Thord crawls under an unstable 20-ton bread truck.
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo: Penguin Party**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Aircrash Unsolved: The Mystery of Helios 522**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries surrounding dark matter and energy.
8.00 **Aircrash Unsolved: The Mystery of Helios 522** An examination of the 2005 crash of Helios Flight 522, Greece's worst air disaster, which claimed the lives of 121 people after a loss of cabin pressure.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *One For the Road:* Sgt Penny runs into trouble when he gets pulled by vindictive Barton Street officers. **5.30** *Start With the Whistle*: Penny's job hangs in the balance. **6.00** *Out of the Blue*: WPC Ackland's friendship with DCI Wray becomes station gossip. **6.30** *Street Smart*: It's DCI Wray's final day – and the relief aren't happy.
7.00 **Pointless** Double bill.
9.00 **NEW SERIES The Porter** 1/8. Fact-based drama following railway porters and their families in 1920s Montreal as they fight for civil rights. **10.10** New episode 2/8. Junior encounters a Chicago gangster, and Zeke tries to win over a strong union ally. (S1)
11.10 **The Bill** Four episodes.
1.20 AM **Pointless** Double bill.
4.00 **to 6.00** AM **Abandoned Engineering**

+1 hour 266 376

ID

154 166

8.00 AM **Homicide City**
9.00 **Before I Die**
10.00 **Deadly Recall**
11.00 **Relatively Evil**
1.00 PM **I Am Homicide**
3.00 **Forbidden: Dying for Love**
5.00 **American Detective with Lt Joe Kenda** Double bill.
7.00 **Twisted Sisters** A case concerning two sisters and their meddlesome mother. **8.00** When Diane Hart's husband cut her off financially, she turned to her sister for support. They devised a deadly plan to get the money they believe she deserved.
9.00 **Murder in the Heartland** Focusing on the case of Sharon Ray, who was found dead in Grand Rivers, Kentucky.
10.00 **How (Not) to Get Rid of a Body** A young Ohio man vanishes without a trace.
11.00 **A Deadly Dose** Documentary.
2.00 AM **American Detective with Lt Joe Kenda** Double bill.
4.00 **to 6.00** AM **Twisted Sisters**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **World's Biggest Shipbuilders**
9.00 **Alaska Mega Machines**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Planes That Never Flew**
5.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Planes That Never Flew** The Lockheed F-104 Starfighter.
9.00 **Iron Resurrection** Joe and the guys chop a 1941 DeSoto that has seen better days.
10.00 **Salvage Hunters: Classic Cars** Featuring a Fiat 124 Spider.
11.00 **Shed and Buried**
12.00 M'T **Planes That Never Flew**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

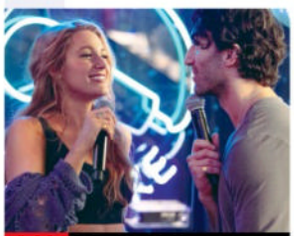
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **I'll Be Right There** (2023)
7.45 **Sneaks** (2025, PG) ★★
9.25 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
11.00 **The Cinema List: Sky Originals**
11.15 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★
2.20 PM **I'll Be Right There** Comedy. (2023, 12) ★★★
4.10 **Babes** (2024, 15) ★★★★
6.10 **Borat Subsequent Moviefilm** Mockumentary. (2020, 15) ★



8.00 It Ends with Us

8.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni, Jenny Slate and Brandon Sklenar. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

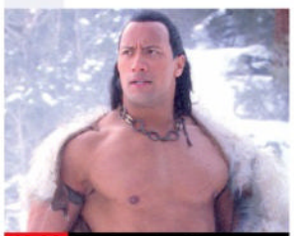
10.15 Coming 2 America Comedy sequel starring Eddie Murphy. Crown prince Akeem faces a constitutional crisis without a male heir to ascend the throne of Zamunda. (2021, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Blood for Dust** Thriller. (2023, 15, 98min) ★★★
2.00 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
3.30 **The Wasp** Psychological thriller. (2024, 15, 96min) ★★★★
5.10 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.40 AM **Some Other Woman**
8.20 **57 Seconds** As 1.45am.
10.15 **The Book of Clarence** Comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
12.30 PM **The Hangover** Comedy. (2009, 15, 99min) ★★★★
2.25 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
4.20 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
6.15 **Cats & Dogs** Family comedy. (2001, PG, 87min) ★★★★



10.00 The Scorpion King

8.00 The Legend of Tarzan Action adventure starring Alexander Skarsgård and Margot Robbie. Years after leaving his old home behind, Tarzan is lured back to Africa. With Samuel L Jackson and Christoph Waltz. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Scorpion King Fantasy adventure starring Dwayne Johnson. A skilled Egyptian warrior is hired by the nomadic people of the desert to destroy an evil warlord. (2002, 12, 91min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
1.45 AM **57 Seconds** Thriller. (2023, 15, 99min) ★★★
3.40 **Some Other Woman** Thriller. (2023, 15, 85min) ★★★
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.05 AM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
9.50 **Fanny and Alexander** Swedish epic directed by Ingmar Bergman. Subtitled. (1982, 15, 301min) ★★★★★
1.10 PM **Dunkirk** War drama. (2017, 12, 106min) ★★★★★
3.05 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
4.55 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
6.30 **Speak Like a Child** Dark drama with Cal Macaninch and Richard Mylan. (1998, 18, 80min) ★★
8.00 **Footloose** Teen dance drama remake starring Kenny Wormald and Julianne Hough. A Boston teenager moves to a small Southern town where dancing is banned. (2011, 12, 113min) ★★★
10.05 **To Olivia** Biopic starring Hugh Bonneville and Keeley Hawes. (2021, PG, 90min) ★★★★
11.55 **Hawaii** Historical epic with Max von Sydow and Julie Andrews. (1966, PG, 155min) ★★★
2.50 AM **What Dreams May Come** Romantic fantasy drama starring Robin Williams and Annabella Sciorra. (1998, 15, 106min) ★★★
4.55 **to 6.30** AM **Speak Like a Child**

Sky Cinema Sci-fi/Horror

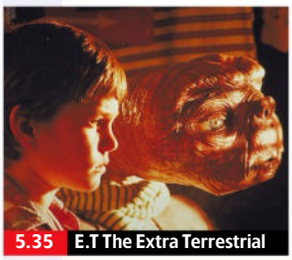
311 411 511 525

7.25 AM **Zombie Town** As 3.10am.
9.05 **Sick** As shown at 4.50am.
10.35 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
1.30 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
3.20 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
6.00 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
8.00 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. A man accepts a position as a night-time security guard at an abandoned pizzeria, but is soon locked in a fight for survival. (2023, 15, 109min) ★★
9.55 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
12.00 M'T **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
1.35 AM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
3.10 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
4.50 **to 6.20** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
306 406 506 520

6.10 AM **The Horse Dancer** (2017)
8.15 **Beethoven** (1992, U) ★★★
9.50 **Ghost Squad** As 12.55am.
11.20 **The Witches** Fantasy. (1989, PG, 90min) ★★★★
12.55 PM **Cats & Dogs: The Revenge of Kitty Galore**
2.25 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
4.00 **Mr Bean's Holiday** Comedy. (2007, PG, 89min) ★★★
5.35 **E.T. The Extra Terrestrial** Fantasy. (1982, U) ★★★★★


5.35 E.T The Extra Terrestrial

7.30 **Ghostbusters: Frozen Empire** Supernatural comedy starring Paul Rudd. Three generations of the team join forces to stop a second ice age. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Cats & Dogs: The Revenge of Kitty Galore** Fantasy comedy sequel featuring the voices of James Marsden, Christina Applegate, Nick Nolte and Bette Midler. (2010, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **The Horse Dancer** Family drama starring Sophie Bolen. (2017, PG, 114min) ★★★
12.55 AM **Ghost Squad** Fantasy advnture starring Will Spencer. (2015, PG, 86min) ★★★
2.25 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
4.10 **Daddy Day Camp** Comedy sequel starring Cuba Gooding Jr. (2007, PG, 88min) ★★
5.45 **to 6.00** AM **The Cinema List: Family Favourites**

Sky Cinema Action
307 407 507 521

6.50 AM **The Equalizer 3** Thriller. (2023, 15, 109min) ★★★
8.45 **The Killer** As 2.05am.
10.55 **Police Story 3: Supercop**
12.35 PM **Fast & Furious 6** Action thriller sequel. (2013, 12, 125min) ★★★
2.50 **High Heat** Action comedy. (2022, 15, 84min) ★★★
4.20 **The Green Hornet** Action comedy. (2011, 12) ★★★
6.25 **The Mechanic** Action thriller. (2011, 15, 93min) ★★

10.15 Green Lantern

8.00 **Snow White and the Huntsman** Fantasy with Kristen Stewart, Chris Hemsworth and Charlize Theron. Young princess Snow White strives to overcome her evil stepmother with the aid of a widowed huntsman and a group of dwarfs. (2012, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Green Lantern** Superhero adventure starring Ryan Reynolds and Blake Lively. A maverick test pilot is recruited by aliens to help defend the galaxy against a mysterious evil force. (2011, 12, 114min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Blood for Dust** Thriller. (2023, 15, 98min) ★★★
2.05 **The Killer** Action thriller. (2024, 15, 125min) ★★★★
4.20 **to 6.05** AM **Police Story 3: Supercop** Thriller sequel. (1992, 15, 91min) ★★

Sky Cinema Comedy
308 408 508 522

7.15 AM **The Big Chill** As 5.30am.
9.05 **Game Night** (2018, 15) ★★★★
10.50 **Along Came Polly** Comedy. (2003, 12, 90min) ★★★
12.30 PM **The Boat That Rocked** Comedy. (2009, 15) ★★★★
2.50 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★
4.25 **How to Be Single** Comedy. (2016, 15, 107min) ★★★
6.25 **The Naked Gun 2½: The Smell of Fear** Comedy sequel. (1991, 15, 81min) ★★★

6.25 The Naked Gun 2½

8.00 **Death Becomes Her** Black comedy fantasy starring Meryl Streep, Goldie Hawn and Bruce Willis. Two women's bitter rivalry takes a deadly turn after they discover a magic rejuvenating potion. (1992, PG, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Weird Science** Teen fantasy comedy starring Kelly LeBrock, Anthony Michael Hall and Ilan Mitchell-Smith. Two high-school nerds use a computer to conjure up their dream woman. (1985, 12, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Drop Dead Fred** Comedy. (1991, 12, 99min) ★★
1.30 AM **'About Last Night...'** Drama. (1986, 18, 113min) ★
3.35 **Sweethearts** Comedy. (2024, 15, 94min) ★★★
5.30 **to 7.30** AM **The Big Chill** Comedy drama with William Hurt. (1983, 15, 115min) ★★★★

Sky Cinema Thriller
309 409 509 523

6.00 AM **Parallel** As 12.35am.
7.40 **Into the Deep** As 4.40pm.
9.25 **The Last Stop in Yuma County** As shown at 4.00am.
11.05 **The Wasp** As 2.15am.
12.45 PM **Marlowe** Crime thriller. (2022, 15, 110min) ★★
2.50 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
4.40 **Into the Deep** Thriller. (2022, 15, 90min) ★★★
6.20 **Retribution** Action thriller. (2023, 12, 91min) ★★

4.40 Into the Deep

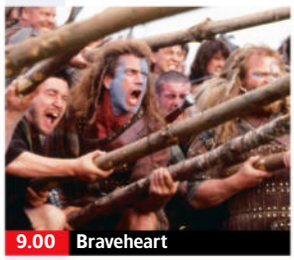
8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell and Jamie Foxx. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Gong Li, Naomie Harris and Ciarán Hinds. (2006, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Collateral** Michael Mann's thriller starring Tom Cruise, Jamie Foxx and Jada Pinkett Smith. (2004, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Parallel** Fantasy thriller. (2024, 15, 88min) ★★★★
2.15 **The Wasp** Thriller with Naomie Harris and Natalie Dormer. (2024, 15, 96min) ★★★★
4.00 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
5.40 **to 7.30** AM **Eileen** Thriller. (2023, 15, 97min) ★★★★

Film4
313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Reach for the Sky** Biopic. (1956, b/w, U, 130min) ★★★★
1.45 PM **The Moonraker** Swashbuckling adventure. (1957, U, 82min) ★★★
3.25 **Operation Petticoat** World War Two comedy with Cary Grant. (1959, U, 124min) ★★★
5.55 **Transformers: Dark of the Moon** Sci-fi action adventure sequel starring Shia LaBeouf. (2011, 12, 154min) ★★★


9.00 Braveheart

Transformers: Dark of the Moon (film started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Braveheart** Oscar-winning epic historical drama directed by and starring Mel Gibson as 13th-century Scottish warrior William Wallace, who led a ragged but courageous army against the English enemy. With Sophie Marceau and Patrick McGoohan. (1995, 15, 177min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **10 PM** **11 PM**

12.25 AM **Dark River** Period drama starring Ruth Wilson, Mark Stanley and Sean Bean. (2017, 15, 90min) ★★★★
2.10 **to 4.00** AM **Smoke Sauna Sisterhood** Documentary about Estonian women bonding in smoke saunas. (2023, 15, 89min) ★★★★

+1hour 314 430 47 301

Sky Cinema Adventure
302 402 502 516

6.25 AM **The Cinema List**
6.45 **A Tiger's Journey** As 4.30am.
8.30 **The Adventures of Tom Thumb and Thumbelina**
9.55 **Tad the Lost Explorer and the Secret of King Midas** Animated adventure. (2017, U, 85min) ★★★
11.25 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
1.10 PM **Extinct** Family animation. (2021, U, 84min) ★★★

2.40 **Despicable Me** Animation. (2010, U, 94min) ★★★★
4.20 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
6.00 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
7.30 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
9.20 **The Portable Door** Fantasy adventure starring Christoph Waltz. (2023, PG, 130min) ★★★
11.20 **The Brothers Grimm** Fantasy. (2005, 12, 118min) ★★★

1.25 AM **The Inseparables** Animated family adventure. (2023, U, 90min) ★★★
3.05 **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★
4.30 **to 6.10** AM **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★

Sky Cinema Greats
304 404 504 518

7.35 AM **Fords on Water** As 1.45am.
9.15 **Bye Bye Birdie** As 3.20am.
11.20 **Planes, Trains and Automobiles**
1.00 PM **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
2.40 **Airplane!** Air-disaster spoof. (1980, 12, 86min) ★★★★★
4.20 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★

6.20 **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★★
8.00 **Singin' in the Rain** Musical about the transition from silents to talkies in 1920s Hollywood. Stars Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
10.00 **Wonderful Life** Musical starring Cliff Richard. Four entertainers on a Mediterranean cruise ship get jobs with a film crew in Africa. (1964, U, 108min) ★★

12.00 M'T **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
1.45 AM **Fords on Water** Comedy. (1983, 15, 83min) ★★★
3.20 **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Animation
305 412 500 514

6.15 AM **Scarygirl** As 12.45am.
7.50 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
9.50 **Batman Unlimited: Animal Instincts** Animated adventure. (2015, PG, 74min) ★★
11.15 **DC Super Hero Girls: Legends of Atlantis** Animated adventure. (2018, PG, 75min) ★★★
12.35 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

2.20 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
4.00 **The Adventures of Tintin: The Secret of the Unicorn** Animation. (2011, PG) ★★★★★
5.55 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.35 **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
9.10 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
10.50 **The Adventures of Tintin...**
12.45 AM **Scarygirl** Animated fantasy. (2023, PG, 90min) ★★★

2.20 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
3.50 **Megamind vs The Doom Syndicate** (2024, U) ★★★
5.20 **to 6.45** AM **Straight Outta Nowhere: Scooby-Doo! Meets Courage the Cowardly Dog** Animation. (2021, PG) ★★★

Movies 24
312 419

7.00 AM **The Journey Ahead** Comedy. (2022, PG, 102min) ★★
9.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
11.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
1.00 PM **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
3.00 **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91min) ★★

5.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
7.00 **Stepping into Love** Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★
9.00 **Learning to Love** Comedy drama starring Ina Barron and Philip Boyd. A private tutor to two girls who have lost their mother helps the grieving family to process their loss and move forward. (2023, PG, 89min) ★★
11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★

1.00 AM **A Missed Connection** Romance starring Meggan Kaiser. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **May the Best Wedding Win** Romantic comedy. (2023, PG, 85min) ★★

Movies 24+ 315 420

Talking Pictures
328 445 82 306

6.00 AM **Sherlock Holmes** (S1)
6.35 **Cloak Without Dagger** Thriller. (1956, b/w, U, 67min) ★★
8.00 **The Monkey's Paw** Horror. (1948, b/w, PG, 64min) ★★★
9.15 **Man in Black** Hammer chiller. (1949, b/w, PG, 80min) ★★★
10.50 **The Assassination Bureau** Thriller. (1968, PG, 110min) ★★★
1.00 PM **Blanche Fury** Melodrama. (1947, PG, 90min) ★★★

3.00 **Crown Court** Triple bill.
4.30 **The Wrong Arm of the Law** Comedy starring Peter Sellers. (1962, b/w, U, 94min) ★★★★
6.20 **Devil's Bait** Suspense thriller. (1959, b/w, U, 58min) ★★
7.30 **The Cheaters** 4/12. (S1)
8.00 **The Brothers** 3/13. (S6)
9.05 **Travelling Man** 2/6. (S1)
10.10 **The Gold Robbers** 6/13. (S1)
11.15 **The Glass** 3/6. (S1)
12.20 AM **Voyage to the Planet of Prehistoric Women** Adventure. (1968, 18, 78min) ★★★

1.55 **Full Moon in Blue Water** Offbeat comedy drama starring Gene Hackman and Teri Garr. (1988, 15, 94min) ★★
3.45 **The Party's Over** Drama. (1965, b/w, 12, 94min) ★★★
5.30 **to 6.00** AM **The Star and the Story**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
1.00 PM **My Icon** Henni Goya.
1.15 LIVE **PGA Tour Golf** Coverage of the early stages of the opening day of the Valero Texas Open.
3.00 LIVE **Indian Premier League Kolkata Knight Riders v Sunrisers Hyderabad.** Coverage of the T20 game at Eden Gardens.
7.00 **Sky Sports News**
7.30 LIVE **Premier League Chelsea v Tottenham Hotspur.** The top-flight match at Stamford Bridge. Kick-off **8.00pm**.
10.00 LIVE **Premier League Darts** Night nine of the tournament from Uber Arena in Berlin, with a format featuring quarter-finals, semi-finals and a final in one night.
11.00 LIVE **PGA Tour Golf** Further coverage of the opening day's play of the Valero Texas Open.
12.00 M'T LIVE **LPGA Tour Golf** Day two of the T-Mobile Match Play.
2.00 AM **Sky Sports News**
3.00 LIVE **Formula 1** The Japanese Grand Prix first practice session.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **Premier League Highlights**
6.00 **Premier League Stories**
6.30 **Premier League Highlights** Action from Liverpool v Everton.
7.00 **The Big Interview**
7.30 LIVE **Premier League Chelsea v Tottenham Hotspur.** Coverage of the top-flight match staged at Stamford Bridge, as the London rivals meet once again. In the reverse fixture back in December, the hosts came away with all three points in a thrilling 4-3 victory at the Tottenham Hotspur Stadium. Kick-off **8.00pm**.
10.45 **Premier League Highlights**
11.45 **The Big Interview**
12.15 AM **Premier League Highlights**
12.45 **PL Greatest Games**
1.00 **PL Retro** Portsmouth v Southampton from 2005.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2021/22 play-offs.
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Highlights**
1.00 PM **WSL** Highlights from Chelsea v West Ham United.
1.30 **EFL Highlights**
3.00 **Bundesliga Highlights Show**
4.00 **EFL Highlights**
6.00 **Bundesliga** Action from March.
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights**
8.00 **Scottish Premiership Round-Up** Recent highlights.
8.15 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
8.30 **Bundesliga** The best of March.
9.00 **Bundesliga Weekly**
9.30 **EFL Highlights** Stoke City v QPR in the Championship. **9.45** Action from Sunderland v Millwall in the Championship.
10.00 **Scottish Premiership Round-Up** Recent highlights.
10.15 **SPFL Highlights**
10.30 **Bundesliga** Action from March.
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **There's Only One Sauzee**
12.30 AM **SPFL** Archive highlights.
2.00 **to 6.00** AM **SPFL Greatest Games**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Royal Challengers Bengaluru v Gujarat Titans.
10.10 **Ashes Greats** Action from 2001.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent highlights from India.
2.50 PM LIVE **Indian Premier League Kolkata Knight Riders v Sunrisers Hyderabad.** Coverage of the T20 match from Eden Gardens, Kolkata. The reverse fixture last year saw the hosts come away with a four-run win in a tight but high-scoring game. The hosts made 208-7 in their innings with Andre Russell top-scoring with 64 from just 25 balls, before the Sunrisers fell agonisingly short. Heinrich Klassen smashed 63 from just 29 balls but it wasn't quite enough for the visitors.
7.00 **Ashes Greats** Archive action.
7.30 **Best of ICC WT20**
8.00 **IPL** Recent action, featuring Royal Challengers Bengaluru v Gujarat Titans, Kolkata Knight Riders v Sunrisers Hyderabad and Lucknow Super Giants v Punjab Kings.
1.00 AM **IPL** A replay of Kolkata Knight Riders v Sunrisers Hyderabad.
5.10 **Ashes Greats** Archive action.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Golf**
7.00 **DP World Tour Golf**
7.30 **PGA Tour: The Cut**
8.00 **Women's Golf** Highlights.
10.00 **LPGA Tour Golf**
12.00 NOON **My Ryder Cup**
12.15 PM **PGA Tour: The Cut**
12.45 **DP World Tour Golf**
1.15 LIVE **PGA Tour Golf** The early stages of day one of the Valero Texas Open at TPC San Antonio.
6.30 LIVE **Women's Golf** Day two of the Augusta National Women's Amateur from Champions Retreat Golf Club in Augusta, Georgia.
8.30 LIVE **PGA Tour Golf** The first day of the Valero Texas Open.
12.00 M'T LIVE **LPGA Tour Golf** Day two of the T-Mobile Match Play presented by MGM Rewards.
2.00 AM **PGA Tour Champions Learning Centre** Expert tips.
2.30 **DP World Tour Golf**
3.00 **Golf Academy** Tony Jacklin.
4.00 **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **WTA & ATP Tennis** Highlights.
10.30 LIVE **ATP Tennis** Coverage of day four of the ATP Bucharest Open at Baza Sportive Nastase/Marica in Bucharest, Romania.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
9.00 PM LIVE **WTA & ATP Tennis** Further coverage from the Tours
3.00 PM AM LIVE **ATP Tennis** Coverage of day four of the US Men's Clay Court Championship, ATP 250 event held at River Oaks Country Club in Houston, Texas..
5.00 **Mirra Andreeva Podcast 2024**
5.15 **Bitesize Tennis** Highlights.
5.45 **to 6.00** AM **Tim Henman Podcast 2024**

TNT Sports 1

410 870 521 408 430

6.00 AM **MotoGP Highlights**
7.00 **Serie A – Full Impact**
7.30 **Isuzu A-League Highlights**
8.00 **MotoGP Rewind**
8.15 **Superbike Rewind**
8.30 **One Day International Cricket**
9.30 LIVE **AFL Collingwood Magpies v Carlton Blues.** From Melbourne. Bounce-up **9.30am**.
12.30 PM **Isuzu A-League Highlights**
1.00 **MLB Highlights**
2.00 **NBA** Cavaliers v Knicks.
3.30 **Discovery Golf**
4.00 LIVE **Curling World Championship Sweden v Scotland.** Round-robin match.
7.00 **NBA Action** Highlights.
7.30 **AFL** Magpies v Blues.
9.30 **TNT Sports Reload**
10.00 **NBA** Cavaliers v Knicks.
11.30 **NBA Action** Highlights.
12.00 M'T **NBA Tip-Off** A look ahead.
12.30 AM LIVE **NBA Philadelphia 76ers v Milwaukee Bucks.** Coverage from Wells Fargo Centre. Tip-off is at **12.30am**.
3.00 LIVE **NBA Los Angeles Lakers v Golden State Warriors.** The Western Conference match from Crypto.com Arena. Tip-off **3.00am**.
5.30 **to 6.30** AM **Inside the NBA**

TNT Sports 2

411 871 522 409 431

6.00 AM **T100 Triathlon World Tour**
6.30 **Discovery Golf**
7.00 **Cycling** Across Flanders.
8.00 **Premier League Legends**
8.30 **Premier League Stories**
9.00 **Premier League**
10.30 **Classic Premier League**
12.30 PM **Serie A – Full Impact**
1.00 **Spanish Women's Liga F**
2.00 **TNT Sports Reload**
2.30 **Ninja A-League Women Highlights** Action from the 21st round of fixtures.
3.00 **Isuzu A-League Highlights**
3.30 **One Day International Cricket** New Zealand v Pakistan.
4.30 **MLB Highlights**
5.30 **MLB: Off the Bat**
6.00 LIVE **MLB Philadelphia Phillies v Colorado Rockies.** Coverage of the National League match staged at Citizens Bank Park. Start-time is at **6.05pm**.
9.15 **Premier League Reload**
9.30 **UFC** Another chance to see Brandon Moreno v Steve Erceg.
12.30 AM **UFC Fight Flashback**
1.00 **AFL** Magpies v Blues.
3.00 **Isuzu A-League Highlights**
3.30 **Ninja A-League Women Highlights** Recent action.
4.00 **to 6.00** AM **Serie A**

Sky Sports Action

408 517 507 426 446

6.00 AM **PDC Classics**
7.00 **Premier League Darts**
11.00 **Darts Gold** Archive action.
11.30 **My Icon** Sporting influences.
12.00 NOON **NFL Highlights** Detroit Lions v Washington Commanders in the second Divisional play-off.
1.00 PM **Good Morning Football**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **NBC's Pro-Football Talk**
7.00 LIVE **Premier League Darts** Coverage of night nine of the tournament at Uber Arena in Berlin, with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals are Nathan Aspinall v Stephen Bunting, Luke Humphries v Rob Cross, Chris Dobey v Luke Littler, and Michael van Gerwen v Gerwyn Price.
11.00 **Super League Highlights**
11.45 **My Icon** Duke McKenzie.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Top Rank Boxing Archive**
2.15 **Fight Night International**
3.15 **Top Rank Boxing Archive**
3.30 **Women's Super League**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Super League** Another chance to see the match between Warrington Wolves v Leeds Rhinos from the sixth round of fixtures at Halliwell Jones Stadium.
8.45 **Super League Highlights** Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
9.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines this morning, with discussion and analysis of the big talking points.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
9.00 PM LIVE **WTA & ATP Tennis** Further coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **IPL** Recent highlights from India.
9.00 **PGA Tour Champions**
10.00 **DP World Tour Golf**
10.30 **Golf's Greatest Holes**
11.00 **IPL** Recent highlights from India.
1.00 PM **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **PL Greatest Games**
6.00 **WTA & ATP Tennis** Highlights.
8.00 **PGA Tour Champions**
9.00 **DP World Tour Golf**
9.30 **Golf's Greatest Holes**
10.00 **IPL** Recent action from India.
12.00 M'T **Formula 1** From Japan.
1.00 AM **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **PL Greatest Games**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 874 523 410 432

6.00 AM **Ultimate Pool**
7.30 **TNT Sports Reload**
8.00 **Spanish Women's Liga F**
9.00 **HSBC SVNS Highlights**
10.00 **A-League Women Highlights**
10.30 **Discovery Golf**
11.00 **Cycling** Across Flanders.
12.00 NOON **Motorsport Highlights**
1.30 PM **Fishing: On the Bank**
2.30 **MotoGP Highlights**
3.30 **Superbike World Championship**
4.30 **Cycling** Across Flanders.
5.30 **Original Documentary**
6.30 **PL – The Big Interview**
7.00 **Premier League Stories**
7.30 **TNT Sports Reload**
8.00 **MotoGP Highlights**
9.00 **Formula E Flashback**
10.00 **Cycling** Across Flanders.
11.00 **Original Documentary**
12.00 M'T **Serie A – Full Impact**
12.30 AM **T100 Triathlon World Tour**
1.00 **One Day International Cricket**
2.00 **UFC** Another chance to see Brandon Moreno v Steve Erceg.
5.00 **to 6.00** AM **HSBC SVNS**

TNT Sports 4

414 876 524 411 434

6.00 AM **UEFA Man in the Middle**
8.00 **Fishing: On the Bank**
9.00 **Superbike World Championship Highlights**
10.00 **MotoGP Highlights**
11.00 **MotoGP Classics**
2.00 PM **T100 Triathlon World Tour**
2.30 **HSBC SVNS Highlights**
3.30 **Ultimate Pool** Group 13 in the Champions League.
5.00 **NBA Action** Highlights.
5.30 **NBA** A chance to see Cleveland Cavaliers v New York Knicks.
7.00 **T100 Triathlon World Tour**
7.30 **Discovery Golf**
8.00 **One Day International Cricket** New Zealand v Pakistan.
9.00 **Original Documentary**
10.30 **Serie A** Lazio v Torino.
11.30 **Premier League Reload**
11.45 **TNT Sports Cricket Reload**
12.00 M'T **Ultimate Pool**
1.30 AM **MotoGP** Action from the Grand Prix of the Americas.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **British Minibikes**
9.00 **Transworld Sport**
10.00 **Champions Cup Highlights**
11.00 **LaLiga Highlights**
12.00 NOON **NASCAR Highlights**
1.00 PM **Top 14 Rugby Union**
1.30 **NHL on the Fly** NHL news.
2.00 **Football** News and highlights.
3.00 **URC in 60** The latest action.
4.00 **Transworld Sport** Magazine.
5.00 **Champions Cup Highlights**
6.00 **Football** News and highlights.
9.00 **URC in 60** The latest action.
10.00 **NASCAR Highlights**
11.00 **Asian Le Mans Series**
12.00 M'T **World Surf League**
1.00 AM **Transworld Sport** Magazine.
2.00 **Sporting Countdowns**
2.30 **NHL: This is Hockey**
3.30 **to 6.30** AM LIVE **NHL Ice Hockey San Jose Sharks v Edmonton Oilers.** The Western Conference game from SAP Centre at San Jose. Face-off **3.30am**.

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** A match replay.
8.00 **Top 14 Rugby Union**
10.00 **Africa Eco Race**
10.30 **Coppa Italia** Another chance to see AC Milan v Inter Milan.
12.30 PM **NHL Ice Hockey** Toronto Maple Leafs v Florida Panthers.
2.30 **GP Confidential** F1 news.
3.00 **United Rugby Championship**
5.00 **Africa Eco Race**
6.00 **Coppa Italia** Another chance to see AC Milan v Inter Milan.
8.00 **Indy Autonomous Challenge**
9.00 **United Rugby Championship** A chance to see Ulster v Stormers.
11.00 **Temples of Sport** Iconic sporting venues from around the globe.
12.00 M'T LIVE **NHL Ice Hockey Ottawa Senators v Tampa Bay Lightning.** The Eastern Conference match from Canadian Tire Centre. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** From Japan.
1.00 PM **Formula 1** The 2022 and 2023 Japanese Grand Prix races.
5.00 **Formula 1** Recent action.
7.30 **Formula 1** Highlights from the 2022 Japanese Grand Prix. **8.30** Action from the 2023 Japanese Grand Prix in Suzuka. **9.30** Highlights from the 2024 Japanese Grand Prix.
10.30 **Formula 1** F1 season highlights.
1.00 AM **Formula 1** From Japan.
2.00 **F1 Drivers Press Conference**
3.00 LIVE **Formula 1** Coverage of the Japanese Grand Prix first practice session at Suzuka Circuit.
5.00 **to 6.00** AM **F1 Feature**

SKY HD SD VIRGIN HD EE HD

Friday

4 April

Evening Planner

Friday

Football

Women's Nations League: England v Belgium

ITV1, kick-off 8pm

Coverage of the group game between England and Belgium at Ashton Gate.

Crime Drama

Black Snow

BBC2, 9pm (box set, BBC iPlayer)

Travis Fimmel returns as Detective James Cormack in the Australian crime drama, on the cold case of a missing teen.

Comedy

Austin

BBC1, 9.30pm (box set, BBC iPlayer)

Ben Miller stars in this comedy about a kid's author who learns he has a grown-up neurodivergent son in Australia.

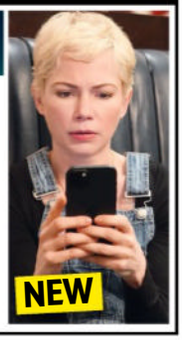
OnDemand

Disney+

Dying for Sex

Available today

Michelle Williams stars in this drama inspired by the life of Molly Kochan, a woman living with terminal cancer.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 The Travelling... †	8.00 Beyond Paradise		9.00 Have I Got...	9.30 Austin	10.00 News; Local News	
	102 BBC2	7.00 Beechgrove...	7.30 Chronicles of...	8.00 Gardeners' World		9.00 Black Snow		10.00 Live at the...	10.30 Newsnight
	103 ITV1	7.00 Emmerdale	7.30 UEFA Women's Nations League – Live: England v Belgium (Kick-off 7.45)						10.20 News; Local News
	104 CHANNEL 4	7.00 News	7.30 Unreported...	8.00 What's the Big Deal: Britain's Best...		9.00 Gogglebox		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Isle of Wight: Jewel of the South		8.00 The Hotel Inspector		9.00 Flowers in the Attic: The Origin			
	106 SKY SHOWCASE	7.00 The F1 Show		8.00 A League of Their Own: The Rally		9.00 An Idiot Abroad 2		10.00 Hacks	
ENTERTAINMENT	115 BBC3	7.00 Film: Shrek			8.25 Top Gear: India Special			9.55 Ashley Cain: Into the Danger Zone	
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1989	8.30 TOTP: 1976	9.00 TOTP: 1973	9.35 6 Music Festival		10.35 Primal...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Film: Mr & Mrs Smith			
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Helsinki Crimes		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Daddy's Home			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI: Most Wanted		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The Last of Us		10.00 Chernobyl	
	110 U&GOLD	◂ 6.55 Only Fools and...	7.35 Dad's Army			9.00 Men Behaving Badly			10.15 Neil & Martin's Bon Voyage
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	◂ 6.45 Snooker: Tour Championship – Live: The conclusion of the first semi-final						10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Whose Line Is It Anyway? USA	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own: The Rally		9.00 An Idiot Abroad 2		10.00 Hacks	
	109 U&ALIBI	7.00 The Mentalist		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Genesis Songbook			9.20 Marillion: All One Tonight		
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Expedition Files		10.00 Six Schizophrenic Brothers	
	162 ANIMAL PLANET	7.00 Amanda to the Rescue		8.00 Insane Pools: Off the Deep End		9.00 Monsters Inside Me		10.00 The Last Alaskans	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Hindenburg: The New Evidence		10.00 Destruction Decoded	
	123 SKY HISTORY	7.00 Forged in Fire Armed Forces...		8.00 River Hunters		9.00 Combat Ships		10.00 Ancient Aliens	
	155 U&YESTERDAY	7.00 Speed with Guy Martin: F1 Special		8.00 Abandoned Engineering				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Gary				9.00 Mr Dynamite: The Rise of James Brown			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.15 Borat Subsequent Moviefilm		8.00 Coming 2 America				10.00 It Ends with Us	
	302 ADVENTURE	◂ 6.00 Despicable Me 4	7.45 The Adventures of Tintin: The Secret of the Unicorn				9.35 Jack the Giant Slayer		
	303 THE HOBBIT	◂ 4.55 The Hobbit...	7.40 The Hobbit: The Battle of the Five Armies						10.10 The Hobbit: An Unexpected...
	304 GREATS	◂ 5.50 A League of Their Own		8.00 Ghost					10.10 Far and Away
	305 ANIMATION	◂ 5.50 Trolls...	7.25 Two by Two			8.55 Despicable Me 4			10.35 10 Lives
	306 HARRY POTTER	◂ 6.45 Harry Potter and the Half-Blood Prince					9.20 Harry Potter and the Deathly Hallows: Part I		
	307 ACTION	◂ 6.15 Ghost Rider: Spirit of Vengeance		8.00 Justice League				10.05 Terminator Salvation	
	308 COMEDY	◂ 6.25 The Naked Gun 33 1/3: The Final Insult		8.00 Disaster Movie			9.35 Blades of Glory		
	309 THRILLER	◂ 5.30 Vanilla Sky		8.00 Ocean's Eleven				10.00 Three Days of the Condor	
	310 DRAMA	◂ 6.15 Miss Potter		8.00 8 Mile				10.00 My First Summer	
	311 SCI-FI	◂ 6.20 The Nun		8.00 World War Z				10.10 Hollow Man	
	313 FILM4	◂ 6.50 The Devil Wears Prada				9.00 Kingsman: The Golden Circle			
SPORT	401 MAIN EVENT	7.00 Sky Sports News	7.30 EFL – Live: Blackburn Rovers v Middlesbrough (Kick-off 8.00)						10.30 Golf – Live
	402 PREMIER LEAGUE	7.00 PL Preview	7.30 The Big Interview	8.00 Fantasy Show	8.30 PL Stories	9.00 PL Preview	9.30 Fantasy Show	10.00 PL Highlights	10.30 PL Icons
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Blackburn Rovers v Middlesbrough (Kick-off 8.00)						10.30 Best Moments...
	404 CRICKET	7.00 Ashes Greats	7.30 Best of ICC...	8.00 IPL					
	410 TNT SPORTS 1	7.00 MLB – Live: Boston Red Sox v St Louis Cardinals (Start-time 7.10)							10.15 MLB: Off the Bat
	411 TNT SPORTS 2	7.00 UEFA Champions League – Classics				9.00 UEFA Magazine	9.30 Sign Up – Into Football		10.30 Cricket – Live

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: www.tvandsatsubs.com/D67K
*Terms & conditions: magazinesdirect.com/terms.

Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Fraud Squad** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Shakespeare & Hathaway: Private Investigators** 3/10. Frank and Lu investigate the drowning of a former beauty queen. (S4) (S)(R)
2.45 **Clive Myrie's Caribbean Adventure** (S)(R)(AD)
3.15 **Escape to the Country** (S)(R)(AD)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Election Broadcast** (S)

8.00 Beyond Paradise

7.00 **The One Show** Clara Amfo and Vernon Kay present the topical show. (S)
7.30 **The Travelling Auctioneers** A woman parts with heirlooms and keepsakes that belonged to her late parents. (S)(R)

8 PM

8.00 **Beyond Paradise** New episode 2/6. The team try to find the source of some threatening texts targetting Kelby's old friend Emily, while Humphrey and Martha welcome Rosie – their new foster child – into their home. (S3) (S)(AD)

9 PM

9.00 NEW SERIES **Have I Got News for You** 1/10. Alexander Armstrong hosts the satirical quiz. (S)
9.30 NEW SERIES **Austin** 1/8. Comedy starring Ben Miller. *See feature, page12.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Paranormal: Britain's Last Witch** 3/4. Sian finds a medium who claims they bring back spirits in physical form. (S)(R)(AD)
11.10 **Paranormal: Britain's Last Witch** 4/4. Sian discovers new evidence that could prove Helen's abilities – or that she was a spy. (S)(R)(AD)
11.40 FILM **Us** Horror thriller starring Lupita Nyong'o, Winston Duke and Elisabeth Moss. A family's life turns into a nightmare when a group of strangers begin to terrorise them. (S)(AD) (2019, 15, 110min) ★★★★
1.30 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.35 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Policing Paradise** (S)(R)
7.00 **Homes Under the Hammer** (S)(R)
8.00 **Sign Zone: Alison Hammond's Florida Unpacked** (S)(R)(AD)
8.30 **Sign Zone: Joanna Page's Wild Life** Documentary. (S)(R)
9.00 **BBC News** (S)
12.50 PM **Lifeline** (S)(R)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Lightning** Game show. (S)(R)
2.15 **Unbeatable** Quiz show. (S)(R)
3.00 **Dom Digs In** (S)(R)(AD)
3.45 **Chris and Meg's Wild Summer** (R)
4.15 **Sea Cities** From Liverpool. (S)(R)
5.15 **Flog It!** From Somerset. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Great Continental Railway Journeys** Series finale 20/20. Michael Portillo explores the Calvados region. (S)

6.30 Great Continental Railway...

7.00 NEW SERIES **Beechgrove Garden** Brian Cunningham and Carole Baxter review how the garden has survived the winter. (S)
7.30 NEW SERIES **Chronicles of the Glens** 1/4. Charting a year in the Glens of Antrim. (S)

8.00 **Gardeners' World** New edition At Longmeadow, Monty Don is busy preparing the garden for summer, while Adam Frost is in the Lake District, bathing in the spectacle of azaleas and rhododendrons. (S)

9.00 NEW SERIES **Black Snow** *Running:* 1/6. Crime drama with Travis Fimmel as a detective who is called in to investigate a young woman's disappearance. *See feature, page12.* (S2) (S)(AD)
■ Entire series on BBC iPlayer
9.55 **Laugh Lessons** (S)(R)

10.00 **Live at the Apollo: The One About** Classic routines on the subject of transport, featuring Michael McIntyre, Gina Yashere and Chris McCausland. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Twitter: Breaking the Bird** (S)(R)
12.20 AM FILM PREMIERE **Zero** Faye Gilbert's thriller starring Lauren Grace. In 2045, three siblings are left stranded and fight for survival. (S) (2022, 12, 70min) ★★★
1.30 **Sign Zone: Panorama** (S)(R)
2.00 **Sign Zone: Great British Menu – Banquet Special** (S)(R)
3.00 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
3.30 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat, advice and lifestyle features. (S)
1.00 PM **ITV News** (S)
1.20 **Local News** (S)
1.30 LIVE **Racing: Grand National Festival** Ed Chamberlin presents the second day of the event from Aintree, including the 3.30 Melling Chase and the 4.05 Topham Chase, plus races at 1.45, 2.20, 2.55 and 4.40. With analysis from AP McCoy, Ruby Walsh, Adele Mulrennan and Mick Fitzgerald. (S)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.20 **Party Election Broadcast** By Reform UK. (S)
6.30 **ITV News** (S)

7.30 Women's Nations League

7.00 **Emmerdale** A friend of Sarah creates an issue, Gabby is thrilled by Vinny's suggestion, and Belle is left reeling by Jacob. (S)(AD)
7.30 LIVE **Football: Women's Nations League** England v Belgium: Seema Jaswal presents all the action from both teams' third Group A3 match, held at Ashton Gate in Bristol. England made a strong start to their campaign with a draw in Portugal and a 1-0 win against world champions Spain at Wembley. Belgium are without a point so far, but were only narrowly defeated on both occasions. With analysis from Ian Wright and Karen Carney, commentary by Seb Hutchinson and Lucy Ward, and reports from Katie Shanahan. Kick-off is at 8.00. (S)

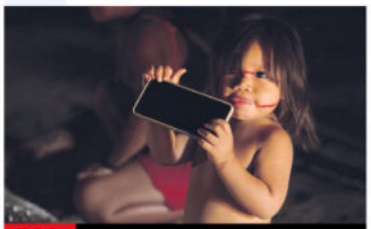
10.20 **ITV News** (S)
10.50 **Local News** (S)
11.05 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense. (S)(R)(AD)
12.10 AM **Teleshopping**
3.00 **Grantchester** 5/6. Following a murder at a local old folks' home, two of its residents go missing. (S7) (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 9-12/26. (S8) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S2&3) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **The Great House Giveaway** (S)(R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** In Almería, Graeme and Marianne suffer cash flow problems. (S)(R)
5.00 **Chateau DIY** New edition At the Château du Puits Es Pratx, Sasha's glass work and Tim's barrel project both need to be completed before wedding season arrives. (S)(AD)
6.00 **A Place in the Sun: What Happened Next?** A catch-up with former house-hunters in Spain and Cyprus. (S)(R)



7.30 Unreported World

7.00 **News** (S)
7.30 **Unreported World** New edition *Elon Musk's Rainforest Revolution:* The impact of Elon Musk's Starlink communication device on tribes living in the Amazon. (S)(AD)

8.00 NEW SERIES **What's the Big Deal: Britain's Best Buys?** 1/4. Natalie Cassidy puts LED face masks, ice baths, lion's mane mushrooms and packing cubes to the test, assessing whether their performance matches their hype. (S)(AD)

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 NEW SERIES **Big Fat Quiz: Best Bits** 1/4. Highlights from 20 years of the celebrity quiz hosted by Jimmy Carr, posing questions from art to television. This first edition looks back at some of the show's dream pairings. (S)
11.05 **8 Out of 10 Cats Does Countdown** Jon Richardson and Asim Chaudhry take on Roisin Conaty and Joe Wilkinson. (S)(R)
12.10 AM **Greg Davies: The Back of My Mum's Head** Stand-up. (S)(R)(AD)
1.05 **Open House: The Great Sex Experiment** (S)(R)(AD)
1.55 FILM **Climax** French horror starring Sofia Boutella. Subtitled. (S) (2018, 18, 100min) ★★★★
3.35 **to 6.00** AM **Come Dine with Me**

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.30 PM **Vanessa** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Escaping My Stalker** Drama starring Esmie Garcia. (S) (2020, PG, 105min) ★★
4.00 **The Cruise: Fun-Loving Brits at Sea** New edition 5/10. Dane in sailor services has to sort through a mountain of confiscated luggage. (S)
5.00 **News** (S)
6.00 **Eggheads** Previous contestants the Harmer Hillbillies take on the experts once more. (S)(R) **6.25** The Single 1s try their luck against the Eggheads. (S)(R)
6.55 **News** (S)

9.00 Flowers in the Attic: The Origin

7.00 **Isle of Wight: Jewel of the South** 2/4. Business is booming at the island's popular floating restaurant, the Best Dressed Crab in Bembridge. (S)(R)
7.55 **News** (S)
8.00 **The Hotel Inspector** Alex Polizzi heads to East Sussex for her first glamping trip as she comes to the rescue of Anna and Nick and their struggling shepherd huts business. (S)(R)
9.00 NEW SERIES **Flowers in the Attic: The Origin** *Part One – The Marriage:* 1/4. Drama starring Jemima Rooper. Smart, opinionated Olivia Winfield gives up her career and her home to become Mrs Malcolm Foxworth, wife of the nation's richest man. With Max Irons and Kelsey Grammer. (S1) (S)
10.45 **When TV Goes Horribly Wrong** Richard Bacon narrates a look back at on-air disasters featuring the nation's best-loved TV hosts. (S)(R)
12.45 AM **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Inside the Tower of London** A spectacular coronation concert is staged. (S)(R)
3.50 **Britain by Bicycle with Larry & George Lamb** The duo visit Northern Ireland. (S)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **House Busters** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S5) (R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S3) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 16/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *MoneyBart:* Lisa coaches Bart's Little League baseball team. (S)(R) **5.30** *Frinkenstein's Monster:* Professor Frink helps Homer land a high-level job. (S)(R)
6.00 **The Office (US)** 14/22. Michael reminisces about his pre-management days. (S)(R) **6.30** 15/22. Jan holds a seminar for Dunder-Mifflin's female employees. (S2) (S)(R)

10.00 Hacks

7.00 **The F1 Show** A preview of the Japanese Grand Prix, the third round of the season, held at Suzuka Circuit in Suzuka City. (R)
8.00 **A League of Their Own: The Rally** 2/3. Romesh Ranganathan has more surprises for Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis as they head through rural France to the Alps. (R)
9.00 **An Idiot Abroad 2** 3/8. Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest and encounters hundreds of snakes. (S)(R)(AD)
10.00 **Hacks** New episodes *One Day:* 5/9. Deborah struggles with writer's block. (S)(AD) **10.40** *Par for the Course:* 6/9. Deborah takes part in a golf tournament. (S3) (S)(AD)
11.20 **Hacks** New episodes 7/9. Deborah braces herself for Kathy's appearance at her Christmas extravaganza. (S)(AD) **12.00** M'T 8/9. A calendar mix-up finds Deborah double-booked. (S)(AD) **12.40** AM Series finale 9/9. Ava gets a dream offer. (S3) (S)(AD)
1.20 **Sex and the City** (S4) (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 16/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.30-8.00pm Landward (S)(R) **11.40** A View from the Terrace (S)(R) **12.40am** FILM Us (S)(AD) (2019, 15, 110min) ★★★★ **2.30** Weather for the Week Ahead (S) **2.35-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30-8.00pm The Long and the Short of It New edition (S) **10.40** NEW SERIES Paddy & Nigel's Tourist Trap (S) **11.10** Paranormal: Britain's Last Witch (S)(R)(AD) **12.10am** Rose Ayling-Ellis: Old Hands, New Tricks (S)(R)(AD) **1.15-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00pm LIVE Match of the Day (S) **9.30-10.00** NEW SERIES Have I Got News for You (S) **10.40** NEW SERIES Austin (S)(AD) **11.05** Paranormal: Britain's Last Witch (S)(R)(AD) **12.10am** FILM Us: As Scotland. **2.00-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm The One Show (S) **7.30** NEW SERIES Beechgrove Garden (S) **8.00-9.00pm** Beyond Paradise New episode (S)(AD)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Ceffylau Cymru **1.30** Y Sin (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 24 Awr Newidiodd Gymru **3.50** Bwyd Epic Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo **6.30** Adre **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** Bwmp New episodes (AD) **9.30** Curadur New edition **10.05** Pêl-Droed Rhyngwladol **11.05-11.40pm** Pobol y Penwythnos

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM FILM **Shrek** Animated comedy adventure featuring the voices of Mike Myers, Eddie Murphy and Cameron Diaz. An ill-tempered ogre sets forth with a talking donkey to rescue a princess from a fire-breathing dragon. (2001, U, 90min) ★★★★★
8.20 **The Catch Up**
8.25 **Top Gear: India Special** Jeremy Clarkson, Richard Hammond and James May embark on a trade mission to India, equipped with three old cars and a range of uniquely British products.
9.55 **Ashley Cain: Into the Danger Zone** 1/6. The former footballer visits some of the world's most dangerous cities, beginning in Rio de Janeiro, Brazil.
10.55 **This Country** 1&2/7. (S3)
11.55 **The Tooney and Russo Show** New edition 6/12. The duo recall their school days.
12.25 AM **Stacey Dooley: Inside Spain's Narco Wars**
1.25 **Top Gear: India Special**
2.55 **to 3.55** AM **Cuckoo**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Music from Ricky Martin, Kylie Minogue and George Michael. **7.30** Featuring Dario G, Chumbawamba, Robbie Williams and Tina Moore.
8.00 **TOTP: 1989** Performances by Brother Beyond, Kon Kan, Holly Johnson, Paula Abdul and Simply Red.
8.30 **TOTP: 1976** Featuring The Brotherhood of Man, ABBA, John Miles and Diana Ross.
9.00 **TOTP: 1973** With Elton John, Status Quo, Engelbert Humperdinck and Slade.
9.35 NEW **6 Music Festival** Featuring jazz five-piece Ezra Collective, Scottish post-rockers Mogwai and hip-hop poet Kae Tempest.
10.35 **Primal Scream: The Lost Memphis Tapes** The discovery of the band's missing tracks from 1993.
11.35 **Sam Smith at the Proms** The singer is joined by the BBC Concert Orchestra.
1.20 AM **TOTP: 1997**
2.20 **TOTP: 1989** As 8.00pm.
2.50 **to 3.20** AM **TOTP: 1976**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
10.30 **A New Life in the Sun**
11.30 **Narrow Escapes**
1.35 PM **Come Dine with Me** Five editions of the culinary contest from in and around Blackpool and Preston.
4.15 **Four in a Bed** Five editions of the B&B challenge.
6.55 **Car S.O.S** Fuzz Townshend and Tim Shaw take on a rundown Renault Alpine GTA belonging to David, a former computer technician suffering with il-health.
8.00 **Car S.O.S** Fuzz and Tim work on a Ford Mondeo, the property of a widowed father of two who is unable to work on the car after three years of personal tragedy.
9.00 **Helsinki Crimes** New episode 3/6. A gang open fire at a party, wounding people and killing a well-known rapper. The case leaves Timo worried about Pauliina's safety as she begins to drink socially. Subtitled. (S2)
10.00 **24 Hours in A&E** Cameras follow a woman who collapsed at home with an unexplained headache. **11.05** Cyclist Stephen has severely damaged his ankle.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Five episodes, including at: **8.30** *The Seemingly Never-Ending Story:* Homer becomes trapped in a cave.
9.00 FILM **Daddy's Home** Comedy starring Will Ferrell and Mark Wahlberg. A mild-mannered stepfather desperately tries to keep the respect of his wife's children when their biological father returns. With Linda Cardellini. (2015, 12, 96min) ★★★
10.50 **Naked Attraction: All Out & Proud** Anna Richardson hosts a Pride special.
11.50 **Naked Attraction**
12.55 AM **First Dates**
1.55 **Ramsay's Kitchen Nightmares USA**
2.50 **Abbott Elementary**
3.20 **Modern Family**
3.45 **The Goldbergs**
4.40 **to 6.00** AM **The Neighborhood**

+1 hour | 235/236 | 306 | 30 | 123

Friday primetime primetime

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Stop, Search, Seize**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 15/16. (S5)
12.00 NOON **The Good Doctor** (S3)
1.00 PM **The Rookie** 9/14. A baby is stolen from hospital. (S3)
2.00 **Chicago Fire** 7/13. Severide discovers a hidden stash of money on a call. (S12)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

8.00 Caught on Dashcam

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **FBI: Most Wanted** *Inherited:* 4/22. The team look into the kidnapping of a young Chinese-American woman. (S3)

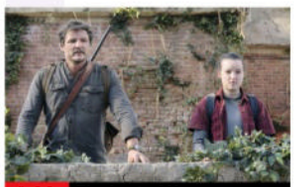
10 PM
10.00 **The Equalizer** *Guns and Roses:* A young girl is killed in the crossfire of a shootout. (S5)
11.00 **Matlock** 12/18. (S1)
12.00 M'T **FBI** 4/22. The team track down an active sniper. (S1)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 5/20. (S3)
3.00 **Air Ambulance ER**
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 4&5/10. (S7)
10.05 **Six Feet Under** 6&7/12. (S4)
12.10 PM **Game of Thrones** (S7)
1.15 **My Brilliant Friend** (S1)
3.40 **True Blood** 4/10. Pam recalls the events that led her and Eric to Shreveport. **4.40** 5/10. Andy makes a life-changing decision. (S7)
5.45 **Six Feet Under** 6/12. Joe announces he has found a big house for him and Brenda. **6.50** 7/12. Rico resolves to break up with Sophia. (S4)


9.00 The Last of Us

7.55 **Game of Thrones** *Eastwatch:* 5/7. Jon heeds Bran's warning about white walkers, and Cersei vows to vanquish anyone or anything that stands in her way. (S7)
9.00 **The Last of Us** *Look for the Light:* 9/9. Joel and Ellie near the end of their journey. (S1)
10.00 **Chernobyl** *1.23.45:* 1/5. Workers and firefighters put their lives on the line to deal with an explosion at the power plant. (S1)
11.10 **Homicide: Life on the Street** 3/22. A murderer may have been caught on tape. (S4)
12.10 AM **The Wire** 6/13. A warrant is issued for Omar's arrest. (S4)
1.20 **The Pacific** 1/10. (S1)
2.25 **Game of Thrones** As 7.55pm.
3.40 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S3)
8.00 **The Flash** 4/13. (S9)
9.00 **Stargate SG-1** 1&2/22. (S5)
11.00 **Supergirl** 13/22. (S2)
12.00 NOON **The Flash** 5/13. (S9)
1.00 PM **Hawaii Five-0** (S3)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 16/22. The team go after a gang of kidnappers. (S1)
5.00 **Supergirl** 12/22. Kara fights to clear Lena's name. (S2)
6.00 **Stargate SG-1** 1/22. Part two of three. Teal'c returns to his old self, and the team fight for survival against Apophis. (S5)

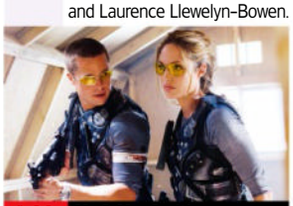
6.00 Stargate SG-1

7.00 **Stargate SG-1** *Threshold:* 2/22. Part three of three. Teal'c is forced to undergo a dangerous ritual to free his brainwashed mind. (S5)
8.00 **A League of Their Own: The Rally** 2/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis continue their race.
9.00 **An Idiot Abroad 2** 3/8. Karl travels to Australia to swim with dolphins and take part in a blindfolded kickboxing contest.
10.00 **Hacks** New episodes *One Day:* 5/9. Deborah suffers writer's block. **10.40** *Par for the Course:* 6/9. Deborah takes part in a golf tournament. (S3)
11.20 **Hacks** New episodes 7&8/9. **12.40** AM Series finale 9/9. Deborah works to perfect her second run at *Late Night*. (S3)
1.20 **Rob Beckett's Smart TV**
2.10 **Strike Back: Retribution** (S6)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 16/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
11.55 **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **In with a Shout**
3.00 **Hart of Dixie** 5/22. Zoe is at the centre of a scandal. (S1)
4.00 **Gilmore Girls** 5/22. Paris gets her first job, while Rory organises a party. (S6)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Charlene White, Russell Kane and Laurence Llewelyn-Bowen.


9.00 Mr & Mrs Smith

7.00 **Deal or No Deal** Stephen Mulhern hosts as Brian takes on the ruthless Banker as he tries to win a life-changing cash prize.
8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.
9.00 FILM **Mr & Mrs Smith** Black comedy thriller starring Brad Pitt and Angelina Jolie. A pair of married assassins who are unaware of one another's real professions have 48 hours to kill each other after their covers are blown. (2004, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Family Guy** 11&3/21. (S8)
12.30 AM **American Dad!** (S4)
1.35 **Bob's Burgers** 1&2/22. (S9)
2.35 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.05 **Classic Coronation Street**
8.10 **Where the Heart Is**
9.25 **The Darling Buds of May**
10.35 **The Royal** *The Enemy Within.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.50 **Endeavour** *Neverland:* Morse investigates the case of a boy from a broken home who has been reported missing.
5.50 **Heartbeat** *Off the Rails:* A number of freight wagons mysteriously disappear.

8.00 Midsomer Murders

6.55 **Heartbeat** *Rustlers and Hustlers:* A girl is injured in a horse riding accident, leading Walker to stumble on some animal thefts.
8.00 **Midsomer Murders** *The Killings of Copenhagen:* The murder of Eric Calder leads Barnaby and Nelson to Copenhagen, where the pair join forces with local detectives Birgitte Poulsen and Anna Degn in the hunt for the killer.
10.00 **Foyle's War** *Enemy Fire:* The detective hunts for the guilty party when murder takes place at an RAF burns hospital.
11.50 **Endeavour** As 3.50pm.
1.35 AM **Where the Heart Is** *Fresh:* A nurse with a head full of new ideas joins the ranks, ruffling Peggy and Ruth's feathers.
2.30 **Unwind with ITV**
3.00 **Teleshopping**
4.30 **to 5.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Our Lives: The Journey to Scotland's Remotest Pub** Two friends take on a treacherous journey.
8.00 **Michelle McManus: Talent Show Winners** The *Pop Idol* winner reflects on life after TV talent show success.
9.00 **Danny Bhoy: Mr Priority** A 2023 show by the Moffat-born comedian recorded at the Bloomsbury Theatre in London's West End.
10.00 **Still Game** 3/6. Part one of two. Winston receives bad news about his remaining leg. (S9)
10.30 **A View from the Terrace** New edition Craig G Telfer takes a sideways look at Scottish football.
11.30 PM **to 12.00** M'T **Scotland's Greatest Escape** Scottish Borders.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Run** 4&5/7. (S1)
9.10 **The Conners** (S3)
10.10 **Veep** 9&10/10. (S3)
11.25 **Ballers** 4&5/9. (S4)
12.35 PM **Curb Your Enthusiasm** (S7)
1.55 **Veep** 9&10/10. (S3)
3.10 **Ballers** 4&5/9. (S4)
4.30 **Run** 4&5/7. (S1)
5.40 **The Office (US)** (S2)
6.40 **The Conners** (S3)
7.40 **Curb Your Enthusiasm** 3/10. Larry organises a *Seinfeld* reunion. **8.20** 4/10. Larry abuses his doctor's trust. (S7)
9.00 **The Righteous Gemstones** 4/9. Baby Billy and the siblings scheme to exploit Aimee-Leigh's memory. (S4)
9.50 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
10.50 **And Just Like That...**
12.30 AM **Sex and the City**
1.50 **Veep** 9&10/10. (S6)
3.10 **Run** 2&3/7. (S1)
4.30 **to 5.00** AM **Room 104**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Reinventing the Orchestra with Charles Hazlewood**
7.00 **Musical Masterpieces**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Classic Movies**
12.00 NOON **Landscape Artist of the Year 2022**
1.00 PM **Tales of the...**
2.00 **The Art of Architecture**
3.00 **Classic Movies**
4.00 **Discovering**
5.00 **Portrait Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Genesis Songbook**
9.20 **Marillion: All One Tonight** From 2017.
11.00 **Revolution of Sound: Tangerine Dream**
12.40 AM **Gary Numan Resurrection**
2.20 **The Ronnie Wood Show**
3.20 **From the Artists Den**
4.40 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
10.00 **Caught on Dashcam**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Caught on Dashcam**
3.00 **Nothing to Declare**
4.00 **Primeval** 6/7. (S2)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S9)
10.00 **S.W.A.T.** *Shaky Town:* 1/23. A major earthquake hits LA while the team is engaging in a standoff with human traffickers holding children hostages. (S2)
11.00 **Twisted Killers**
12.00 M'T **Britain's Most Evil Killers** The nationwide search for David Bieber.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: War on Crime**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Backyard Builds**
8.10 **Billie and Greg...**
9.10 **Jason Atherton's Dubai Dishes** In Dubai Creek.
10.10 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Great Chocolate Showdown**
8.00 **Dinner Date**
9.00 FILM **Mother's Day** Ensemble comedy. (2016, 12, 118min) ★★
11.25 **My Mum, Your Dad Australia** Dating show.
12.50 **to 1.20** AM **Backyard Builds**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 9/13. (S2)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 1/22. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 3-6/25. (S6)
9.00 **Randall and Hopkirk (Deceased)** *You Can Always Find a Fall Guy:* 25/26. Jeff finds himself framed for breaking and entering. (S1)
10.00 **The Avengers** *Legacy of Death:* 9/33. Steed acquires an antique dagger that is supposedly cursed. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.25 **Minder**
7.20 **The Sweeney**
8.25 **The Saint**
9.30 **Racing: The Opening Show**
10.30 **Kojak**
11.40 **BattleBots** New edition
12.45 PM **LIVE Snooker: Tour Championship** Coverage of the opening session of the first semi-final on day five from Manchester Central.
4.30 **Minder**
5.35 **The Sweeney**

9.30 Racing: The Opening Show

6.45 **LIVE Snooker: Tour Championship** Jill Douglas presents coverage of the evening session on the fifth day from Manchester Central, featuring the conclusion of the first semi-final, played over the best of 19 frames. With analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, and commentary by Phil Yates and David Hendon.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.

12.00 M'T **Dark Side of the Ring** New edition A look at the love story between Randy Savage and Miss Elizabeth.
12.55 AM **River Monsters**
1.55 **Auto Mundial**
2.25 **Motorsport Mundial**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S1)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 19/26. (S7)
2.00 **Warehouse 13** 6/6. (S5)
3.00 **Stargate SG-1** 18/20. (S10)
4.00 **Star Trek: Voyager** 2/26. (S4)
5.00 **Star Trek: Deep Space Nine** 19/26. Kai Winn experiences a crisis of faith. (S7)
6.00 **Star Trek: Enterprise** 4/26. The crew excitedly form their first landing party. (S1)

11.00 True Blood

7.00 **Warehouse 13** *Endless:* 6/6. The team receive news that will have a significant impact on the Warehouse's future. (S5)

8.00 **Stargate SG-1** *Family Ties:* 18/20. Vala's father tries to strike a deal with the team by trading details of planned attacks. (S10)

9.00 **Grimm** *The Inheritance:* 21/22. Nick and Trubel receive a trunk full of relics from a fellow Grimm. (S3)

10.00 **The Walking Dead** *Spend:* 14/16. The survivors face challenges as they attempt to secure a new home. (S5)

11.00 **True Blood** 1/12. Sookie reluctantly asks Eric for help. **12.00** M'T 2/12. Russell Edgington seeks Bill's help in obtaining more power (S3)
1.00 AM **Wynonna Earp** (S1)
3.00 **FILM The Lake** Thai sci-fi horror with Su Jack. Subtitled. (2022, 12, 104min) ★★
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S14)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 18/20. (S5)
12.00 NOON **The Mentalist** (S6)
1.00 PM **Death in Paradise** (S3)
2.00 **Murdoch Mysteries** (S14)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 18/20. An imprisoned killer forces the station into lockdown by taking a hostage. (S5)
6.00 **Body of Proof** 4/9. Megan is filmed while working on a gruesome case. (S1)

10.00 Death in Paradise

7.00 **The Mentalist** *My Blue Heaven:* 9/22. Jane is living on a tropical island two years on from the death of Red John. (S6)

8.00 **Death in Paradise** *The Man with the Golden Gun:* 7/8. The owner of a private island is shot dead at a family gathering. (S3)

9.00 **Father Brown** *The Island of Dreams:* A visit to Chummy's holiday camp leads to a murder mystery for the sleuthing cleric.

10.00 **Death in Paradise** *Until Death Do You Part:* 4/8. A hen party ends in tragedy when the bride-to-be is found dead. (S4)

11.00 **The Mentalist** As 7pm.
12.00 M'T **Body of Proof** As 6pm.
1.00 AM **Elementary** 6/24. Captain Gregson reveals details about his private life when his home is invaded by a gunman. (S2)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Last of the Summer Wine**
8.15 **Keeping Up Appearances**
8.55 **I Didn't Know You Cared**
9.35 **Hi-de-Hi!**
10.15 **Only Fools and Horses**
10.55 **Last of the Summer Wine**
12.15 PM **Keeping Up Appearances**
12.55 **Dad's Army**
2.15 **Only Fools and Horses**
2.55 **Hi-de-Hi!**
3.35 **Last of the Summer Wine**
4.55 **I Didn't Know You Cared**
5.35 **Keeping Up Appearances**
6.15 **Hi-de-Hi!**

6.15 Hi-de-Hi!

6.55 **Only Fools and Horses** A weeping statue gives Del an idea for a money-making scheme.
7.35 **Dad's Army** Mainwaring sends his platoon on lengthy route marches. **8.20** Mainwaring devises a cunning new way of foiling Hitler's plans.

9.00 **Men Behaving Badly** Deborah makes a shocking announcement. **9.40** Gary and Dorothy take a break at a hotel to spice up their love life.

10.15 **Neil & Martin's Bon Voyage** The boys head out to fish for their supper off the coast of Biarritz.

11.20 **Men Behaving Badly**
12.00 M'T **Billy Connolly Does...**
1.00 AM **Men Behaving Badly**
1.35 **The Royle Family**
2.25 **Miranda** A hotel stay adds excitement to Miranda's life.
2.55 **Absolutely Fabulous**
3.25 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Extreme Salvage Squad**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May: The Reassembler** An electric guitar.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Asian Adventure** Dave Myers and Si King head to Japan.
6.00 **Rick Stein's India** The chef explores the country's food, beginning by looking at the cuisine of Kolkata and Chennai.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With Stacey Dooley, Alex Jones, Rachel Parris and Henning Wehn. 7 PM

7.40 **Richard Osman's House of Games** With Ian Moore and Zoe Williams. **8.20** With Amanda Lamb, Stephen Bailey, Crystelle Pereira and Nick Moran. 8 PM

9.00 **QI XL** Guests Jo Brand, Clive Anderson and Jimmy Carr join regular panellist Alan Davies and host Sandi Toksvig. 9 PM

10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with Roisin Conaty and Armando Iannucci. 10 PM

11.00 **Sons of Anarchy** 11/13. Chibs makes a deal with Agent Stahl. **12.00** M'T 12/13. The gang go after the white supremacists who raped Gemma. (S2)
1.00 AM **Live at the Apollo**
2.00 **to 4.00** AM **Survivor South Africa**

+1 hour 211/212 327 74

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Find It, Fix It, Flog It**
10.30 **The Great House Giveaway** From Crosby.
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Kirstie and Phil's Love It or List It**
7.00 **Worst House on the Street** Newlyweds Ben and Millie transform their home in Chester.
8.00 **George Clarke's Amazing Spaces** Two brothers turn an old bus into an ice cream van.
9.00 **Grand Designs**
10.00 **Building Britain's Superhomes**
11.05 **Gogglebox** Double bill.
1.10 AM **FILM Charlie's Angels** Comedy thriller. (2019, 12, 118min) ★★
3.30 **to 5.00** AM **The Great Celebrity Bake Off for Stand Up to Cancer**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 19–21/24. (S14)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Double Down:* 10/24. An altercation leaves a senator's son in critical condition. **7.00** *High Tide:* 11/24. Torres and Bishop pose as criminals as part of a mission to dismantle a drug-running operation. **8.00** *Dark Secrets:* 12/24. A US Navy Lieutenant JAG lawyer is found dead. (S15)
9.00 **Quantum Leap** *O Ye of Little Faith:* 7/18. Ben leaps into a priest. **10.00** *Stand by Ben:* 8/18. Ben leaps into one of a group of troubled teens in 1996. (S1)
11.00 **Law & Order: Special Victims Unit** (S18)
2.45 AM **The Good Wife** (S2)
3.35 **to 4.00** AM **Car Pound Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Shop Smart, Save Money** Documentary.
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **A Hoarder Wrecked My House!** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Fast & Furious Presents Hobbs & Shaw** Action adventure starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★
11.45 **101 Near Misses**
12.45 AM **Adults Only: Escort Next Door**
1.45 **A Killer Makes a Call**
2.40 **Home and Away**
3.30 **Car Pound Cops**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Traffic Cops**
11.10 **Police Interceptors**
12.15 PM **FILM Night Passage** Western adventure. (1957, U, 90min) ★★
2.05 **FILM Flame of the Barbary Coast** Western with John Wayne. (1945, b/w, U, 91min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999** Sgt Gladwin is caught off guard when a routine area search leaves him surrounded by an aggressive family.
10.00 **Police Interceptors**
11.00 **Motorway Cops: Catching America's Speeders** Documentary.
12.00 M'T **Scam City**
1.05 AM **Police Interceptors**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: Grenfell**
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: Grenfell**
7.00 **Pete Wicks: For Dogs' Sake** Pete travels to Northern Ireland to pick up three stray dogs and bring them back to Essex.
8.00 **Inside the Ambulance** Paramedics come to the aid of a woman who has taken an overdose of paracetamol.
9.00 **999 Rescue Squad**
11.00 **Miranda** Triple bill.
1.00 AM **The School That Tried to End Racism Australia** The students learn the importance of celebrating difference.
2.15 **to 3.00** AM **Changing Rooms Australia**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Classic Doctors**
8.40 **Doctors**
9.15 **Classic Holby City**
10.15 **Classic Casualty**
11.20 **The Bill**
12.20 PM **Classic EastEnders**
1.40 **Eldorado**
3.00 **Bergerac**
4.10 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **Birds of a Feather**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Scales of Justice:* The priest races to save Bunty from the hangman's noose. **9.00** *The Wisdom of the Fool:* The priest visits a jesters' convention.
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Taggart**
3.10 **to 4.00** AM **Classic Holby City**

+1 hr 243 316 60

FRIDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In Le Marche.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **Yorkshire Air 999** Documentary taking an up-close look at the Yorkshire Air Ambulance service.
10.00 **Helicopter ER** A new air paramedic treats a man who has plunged 10 feet off rocks. **11.00** A man must take measures to save his brother after a freak accident on a BMX bike.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Bob's Full House**
11.45 **Bruce Forsyth's Generation Game**
1.00 PM **Play Your Cards Right** Double bill.
2.00 **Family Fortunes**
3.00 **Bob's Full House**
3.45 **Bruce Forsyth's Generation Game**
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include a Russian-themed barometer.
7.00 **Tenable** Five co-workers from a university finance department take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Catchphrase**
5.30 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **FILM Alvarez Kelly** Civil War Western. (1966, PG, 116min) ★★
10.30 **Wanted: Dead or Alive**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Longest Drive** Western. (1976, PG, 93min) ★★
3.00 **FILM The Stranger Wore a Gun** Western. (1953, U, 83min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **FILM Johnny Guitar** Western starring Sterling Hayden. (1953, PG, 110min) ★★★★
10.25 **FILM Ain't Them Bodies Saints** Drama starring Casey Affleck. (2013, 15, 95min) ★★★★
12.30 AM **FILM The Commando** Thriller. (2022, 15, 89min) ★★
2.30 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Storm Cell** Sci-fi disaster drama. (2008, 12, 90min) ★
11.00 **Saving Lives at Sea**
12.00 NOON **Heathrow: Britain's Busiest Airport**
1.00 PM **FILM Killer Ending** Thriller. (2018, 12) ★★
3.00 **FILM Killing Your Daughter** Thriller. (2019, PG, 90min) ★★
5.05 **FILM Aurora Teagarden Mysteries: Reunited and It Feels So Deadly** Mystery drama. (2020, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM G.I. Joe: Retaliation** Adventure sequel. (2013, 12) ★★★
11.20 **FILM The Shanghai Job** Thriller. (2017, 15) ★★
1.20 AM **FILM Stratton** Thriller. (2017, 15) ★★
3.20 **Air Rescue**
4.00 **to 5.50** AM **FILM The Narcissist** Thriller. (2019, 12, 90min) ★★
+1hour 322

GREAT! romance
319 424 52

8.10 AM **FILM Love Stories in Sunflower Valley** Comedy. (2021, PG) ★★
10.10 **FILM Hometown Hero** Romantic drama. (2016, PG, 90min) ★★
12.05 PM **FILM Me and Mr Right** Romantic comedy. (2022, U, 91min) ★★
2.00 **FILM Seasoned With Love** Romantic comedy. (2021, PG, 90min) ★★
4.00 **FILM The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
6.05 **FILM You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
8.00 **FILM Love Blossoms** Drama. (2017, PG) ★★
10.00 **FILM The Clue to Love** Drama. (2021, U) ★★
12.00 M'T **FILM Love on a Limb** Drama. (2016, PG) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Midnight Kiss** Drama. (2018, PG, 95min) ★★
+1hour 320 63

Rewind TV
182 92

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 8/9. (S4)
11.00 **Married... with Children**
11.30 **Bewitched** 29/36. (S1)
12.00 NOON **Shine on Harvey Moon** 6/9. (S3)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 13/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 8/9. (S4)
6.00 **Bewitched** 29/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Blue Thunder** 4/11. (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 24/26. (S1)
10.00 **Soap** (S1)
10.30 **Drop the Dead Donkey**
11.00 **The Mrs Merton Show**
11.35 **Hammer House of Horror** 12/13. (S1)
12.35 AM **Space 1999** (S1)
1.35 **That's My Dog**
2.00 **Monkey** 14/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Documentary.
1.00 PM **Aussie Gold Hunters: Mine SOS**
3.00 **Gem Hunters Down Under** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Time Bandit* is trapped in pack ice. **8.00** The captains and crews of the fleet battle freezing conditions.
9.00 **Twin Turbos** Brad DeBerti and his dad build a tool truck. **10.00** Brad and his dad reveal a new truck at the world's biggest auto show.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's French Country Cooking**
7.00 **Delicious Miss Brown**
9.00 **Jamie's Comfort Food**
11.00 **Great British Bake Off**
12.30 PM **Mary Berry Everyday** Dishes that exemplify indulgence.
1.00 **Michel Roux's French Country Cooking**
2.00 **Roux Back Down the River** Michel goes on a Hong Kong tea barge.
3.00 **Delicious Miss Brown**
5.00 **Jamie's Comfort Food**
7.00 **Great British Bake Off** The bakers take on three challenges inspired by Germany.
8.30 **Mary Berry Everyday**
9.00 **Michel Roux's French Country Cooking**
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food: Best Of**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 8/27. (S4)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 8/19. (S5)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM **FILM She** Fantasy adventure. (1965, U, 105min) ★★★★
3.10 **FILM Prince Valiant** Drama with Edward Fox. (1997, PG, 91min) ★★
5.00 **Star Trek** 2/24. (S3)
6.00 **T.J. Hooker** 9/19. (S5)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Parker** Thriller starring Jason Statham and Jennifer Lopez. (2013, 15, 114min) ★★★
11.20 **FILM Vehicle 19** Thriller. (2013, 12, 83min) ★★
1.05 AM **FILM A Kiss Before Dying** Crime thriller. (1991, 18, 90min) ★★
2.55 **to 4.45** AM **FILM From the Dark** Horror. (2014, 18, 90min) ★★

Legend Xtra
317 171 69 138

6.00 AM **FILM Monster Island** As 5.00pm.
8.00 **FILM The Philadelphia Experiment** Mystery. (2012, 15, 89min) ★★
10.00 **Farscape** 16/22. (S3)
11.00 **FILM Wild Horses** Contemporary Western. (1985, PG, 95min) ★★
1.00 PM **FILM Meteor Moon** Sci-fi adventure. (2020, PG, 80min) ★★
3.00 **Farscape** 16/22. (S3)
4.00 **Star Trek** 10/24. (S3)
5.00 **FILM Monster Island** Thriller with Eric Roberts. (2019, PG, 90min) ★★
7.00 **Farscape** 17/22. (S3)
8.00 **Star Trek** 11/24. (S3)
9.00 **FILM The Hunter's Prayer** Action thriller with Sam Worthington. (2017, 15, 91min) ★★
10.50 **FILM Prince of Darkness** Grisly horror. (1987, 18, 101min) ★★★
1.00 **to 3.00** AM **FILM The Hunter's Prayer** (2017)
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs: Lost Evidence**
11.10 **Skinwalker Ranch**
12.10 PM **Proof Is Out There**
1.05 **World's Greatest Treasure Mysteries**
2.05 **Pawn Stars**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Mysteries from Above**
12.00 M'T **Believers: Extreme Hauntings**
1.00 AM **UFOs: Lost Evidence**
2.00 **Paranormal: Caught on Camera – Top 100**
3.00 **Hardcore Pawn**
3.25 **Ancient Aliens**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **The Cotswolds with Pam Ayres**
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Europe's Greatest Train Journeys**
7.00 **Ben Fogle in Winter Wonderland** Ben visits a couple who hiked 4,000 miles to get to their new home in Alaska.
8.00 **Ben Fogle: New Lives in the Wild** A family living as hunter-gatherers in New Zealand.
9.00 **Jimmy Tarbuck: 60 Years of Laughs**
11.00 **Prisoner: Cell Block H**
1.00 AM **New York Undercover**
2.00 **Bargain-Loving Brits in the Sun** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **My Dream Derelict Home in the Sun**
9.00 **The Great Pottery Throw Down** The potters throw a cheese set and port chalices.
10.00 **My Lottery Dream Home** New editions A couple's flashy forever home in Richmond. **10.30** A dream holiday home in Naples, Florida.
11.00 **Flip or Flop: The Final Flip** Property series.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Too Large** Corey needs to make big changes if he is going to live his dreams.
8.00 **My 600lb Life** The story of Maja, who moved to Houston to undertake a weight-loss journey. **10.00** Tiffany finds it difficult to break the cycle of depressed eating.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **to 6.00** AM **My 600lb Life**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Home Improvement**
10.00 **Last Man Standing**
11.00 **Takeshi's Castle**
12.00 NOON **Guessable?**
1.00 PM **Friends** (S6)
9.00 **Michael McIntyre's Big Show** With The Vamps.
10.00 **NEW SERIES Whose Line Is It Anyway? USA**
10.30 **Whose Line Is It Anyway? USA**
11.00 **Al Murray Live: Barrel of Fun** Stand-up show.
12.00 M'T **8 Out of 10 Cats: Best Bits** Compilation.
12.30 AM **Ardal O'Hanlon: Comedy Central Live**
1.00 **Friends** 15/25. (S6)
1.35 **Utopia** 6/8. (S2)
2.10 **Jeff Dunham: Comedy Central Live** Stand-up.
2.40 **South Park** 3/14. (S8)
3.10 **Key & Peele**
3.30 **Teachers** (S3)
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Rosie Jones Tries to Help** Double bill.
9.10 **The Ren & Stimpy Show**
10.00 **Becker** 21&22/24. (S4)
11.00 **Friends** 1-4/24. (S1)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 21&22/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 7&8/25. (S2)
10.00 **Friends** 18-21/24. (S5)
12.00 M'T **Al Murray: The Pub Landlord – Live at the Palladium**
1.35 AM **Chris Ramsey: Approval Needed**
2.35 **Andrew Maxwell: Yo Contraire** Stand-up.
3.30 **Beavis and Butt-Head**
3.45 **Becker** 21&22/24. (S4)
4.30 **New Girl** 7&8/25. (S2)
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** 7&8/18. (S3)
2.00 PM **Motorway Patrol**
3.00 **Border Security: Canada's Front Line**
4.00 **Border Patrol**
5.00 **Highway Cops**
6.00 **Manifest** 5/13. (S3)
7.00 **Fantasy Island** (S2)
9.00 **Border Security: Canada's Front Line**
11.00 **Motorway Patrol**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own** With Jamie Vardy, Chelcee Grimes, Jimmy Carr and Kerry Godliman.
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

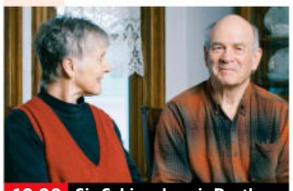
6.00 AM **Daria** 8/13. (S4)
6.25 **16 and Pregnant**
7.15 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Wannabees**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: Teams**
4.00 **Catfish: Worst Offenders** Reality show.
5.00 **Catfish: Teams**
7.00 **Fresh Out Live**
8.00 **Help! I'm in a Secret Relationship!** Rolando needs to know why Joshua is hiding him.
9.00 **Skin A&E** Helping a man who had his face disfigured by huge cysts.
10.00 **FILM Kick-Ass 2** Comic-book action thriller sequel starring Aaron Taylor-Johnson and Chloë Grace Moretz. (2013, 15, 99min) ★★★
12.00 M'T **MTV Family Legacy**
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
7.00 **Treehouse Masters**
9.00 **Shorty's Dream Shop**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Documentary.
3.00 **Harpoon Hunters** Captains Joe and Tyler battle to capture oversized 'quota-killer' tuna. **4.00** A change in weather forces a shift in strategy.
5.00 **Deadliest Catch** Jake allies with Wild Bill to hit a deadline.
6.00 **Wheeler Dealers** One of the rarest BMWs ever made.



10.00 Six Schizophrenic Brothers

7.00 **Salvage Hunters** The owner of Tissington Hall in Derbyshire decides to organise a large-scale house clearance.
8.00 **Gold Rush** While digging out Vegas Valley, Rick prospects a new area in Keno that could be richer than anything he'd mined.
9.00 **Expedition Files** New edition A new study shows the Shroud of Turin could be real, and ghost photos are analysed.
10.00 **Six Schizophrenic Brothers** New edition The family's home life is thrown into turmoil, forcing some to leave.
11.00 **Mystery at Blind Frog Ranch** Duane asks treasure hunter Josh Feldman to join their search for the Aztec gold.
12.00 M'T **Mountain Monsters** The hunters try to catch Ash Man.
1.00 AM **Expedition Files**
2.00 **Six Schizophrenic Brothers**
3.00 **to 5.00** AM **Gold Rush**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Extinct or Alive**
9.00 **Amanda to the Rescue**
10.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Extinct or Alive**
1.00 PM **Amanda to the Rescue**
2.00 **The Aquarium** Double bill.
4.00 **Dr Jeff: Rocky Mountain Vet** A basset hound needs surgery after being hit by a car. **5.00** Volunteers drive from Kansas hoping the team can save a tiny rescue dog.
6.00 **Extinct or Alive** Forrest Gallante searches for species thought long dead.

9.00 Monsters Inside Me

7.00 **Amanda to the Rescue** Amanda returns from Puerto Rico with her latest rescue dogs and tries to acclimatise them.
8.00 **Insane Pools: Off the Deep End** The crew turn a koi pond project into a backyard oasis for a family in Siesta Key.
9.00 **Monsters Inside Me** An outbreak leads to a boy drowning in his mucus, and a wound in a child's knee has a vile cause.
10.00 **The Last Alaskans** As sunlight returns to the refuge, Heimo is stopped in his tracks by minus 50 degree temperatures.
11.00 **Monsters Inside Me** A mysterious infection brings a tough athlete to his knees.
12.00 M'T **Guardians of Rescue** Rob and vet Moose investigate a claim about dogfighting.
1.00 AM **The Last Alaskans**
2.00 **Dr Jeff: Rocky Mountain Vet**
4.00 **to 5.00** AM **Extinct or Alive**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Hitler's Last Stand**
11.00 **Drain the Oceans: Deep Dive**
12.00 NOON **Car S.O.S**
1.00 PM **Mutant Weather**
2.00 **Air Crash Investigation**
3.00 **World War II: The Apocalypse**
4.00 **Seconds from Disaster**
5.00 **Car S.O.S** A Ford Escort XR3i.
6.00 **The Forever Walk: China** Double bill of the documentary following Paul Salopek on a trek across China.

9.00 Hindenburg: The New...

7.00 **Air Crash Investigation** How a fire erupted on board Air Canada Flight 797 in June 1983, killing 23 of the 41 passengers.
8.00 **Air Crash Investigation** When a cargo plane test flight ends in disaster, investigators uncover a series of failures.
9.00 **Hindenburg: The New Evidence** Recently recovered film footage provides fresh insight into the zeppelin crash.
10.00 **Destruction Decoded** From forgotten shipwrecks to headline disasters, the sea claims countless lives.
11.00 **Air Crash Investigation**
12.00 M'T **To Catch a Smuggler: Tropical Takedown**
1.00 AM **Mysterious Islands**
2.00 **Bid & Destroy**
2.30 **Made in a Day** Double bill.
3.20 **Food Factory USA**
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Swamp People**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire Armed Forces Tournament**
9.35 **Dirty Old Cars**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **Holy Marvels** Double bill.
4.00 **Secrets of Great British Castles** Leeds Castle, Kent.
5.00 **Pawn Stars** As 2.00am.
6.00 **American Pickers**

10.00 Ancient Aliens

7.00 **Forged in Fire Armed Forces Tournament** Four US Navy officers forge a naval Mark 3 dive knife using an anchor chain.
8.00 **River Hunters** Searching for artefacts from William the Conqueror's era in the River Avon near Salisbury.
9.00 **Combat Ships** New edition The World War Two Battle of Leyte Gulf, which saw three days of ingenious strategy.
10.00 **Ancient Aliens** New edition People who feel they have been in contact with angels, aliens or divine beings.
11.00 **Haunted Hospitals** A nurse saves her patient's soul.
12.00 M'T **Paranormal Survivor**
1.00 AM **Rust Valley Restorers**
2.00 **Pawn Stars** Figures signed by *The Walking Dead* cast.
3.00 **Ramses the Great: King of Ancient Egypt**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Australia with Julia Bradbury** Four editions.
8.00 **Warbird Workshop**
9.00 **Churchill's Bid to Abolish Britain** Documentary.
10.00 **Great British Railway Journeys** Four editions.
12.00 NOON **Man and Beast with Martin Clunes** From Tokyo.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Tony Robinson's Marvellous Machines**
5.00 **The World at War**
6.00 **Antiques Roadshow**

8.00 Abandoned Engineering

7.00 **Speed with Guy Martin: F1 Special** Guy Martin and David Coulthard compete in the ultimate test of bike against car.
8.00 **Abandoned Engineering** New edition Exploring a derelict stadium in Lithuania that hosted an unlikely Cold War matchup.
9.00 **Abandoned Engineering** A castle on a cliff hides a vast subterranean tunnel network in the Polish city of Walbrzych.
10.00 **Bangers & Cash** Paul collects a Rover 9 that's been in the same family since the 1950s and only had one previous owner.
11.00 **Bangers & Cash** Four VW camper vans pitch up at the auction house, while Derek picks up an Austin 16.
12.00 M'T **Find It, Fix It, Flog It** The boys head to Leicestershire for a furniture-filled shed.
1.00 **to 3.00** AM **Retro Electro Workshop**

+1hour 255 329

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** Henry and Fuzz are off to Bolton, where some classic motorcycles catch Henry's eye. **8.30** Henry Cole and Guy Willison pay a visit to motocross lover Terry in Hereford.
9.00 **The Repair Shop** Arcade games expert Geoff works on a prized fruit machine. **10.00** Restoring an antique skeleton clock.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress**
9.30 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **The Killer in My Family**
8.00 **Murder on CCTV**
9.00 **Death by Fame** New edition True crime.
10.00 **Death by Fame**
11.00 **Murder on CCTV**
12.00 M'T **The Murder of Caroline Crouch: A Faking It Special**
1.00 AM **Boris Johnson: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** A bizarre murder case began when police found a dog barking outside a campervan.
8.00 **48 Hours** New edition Heidi Firkus called 911 after her husband said an intruder was breaking in.
9.00 **Fatal Attraction** Series finale Pregnant mother Megan Price is found dead in her home.
10.00 **Killer Kids** Investigating infanticide committed by teenage mothers.
11.00 **Murder Calls**
12.00 M'T **Murder: First on Scene** A city is left reeling when a couple are killed by gunfire.
1.00 AM **Fatal Attraction**
2.00 **Killer Kids** As 10.00pm.
3.00 **48 Hours** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **Written in Blood**
11.00 **Medical Detectives**
2.00 PM **Written in Blood**
4.00 **Medical Detectives** Investigates the shooting of 15-year-old Trey Cooley, who died from a strange gunshot wound. **4.30** When a chef is murdered, police discover a trail of debt. **5.00** The discovery of Legionnaire's Disease, something scientists still know very little about. **5.30** Investigators sift through the ashes at the scenes of several fires. **6.00** A family get a strange illness except the vegetarian son. **6.30** A woman is found dead in her bathroom and it looks like suicide.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops UK**
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught the Killer** Douglas Ward.
1.00 PM **The Real Manhunter**
2.00 **Murdered at First Sight**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **What the Killer Did Next** Megan Newton.
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Killer Siblings**
10.00 **The Murder of Lyn Dawson: The Teacher, the Groomer, the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught...**
2.00 **Snapped** Double bill.
4.00 **Brit Cops UK**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

6.00 AM **Armenia, My Home**
7.05 **Animal Pride**
8.00 **Grand Tours of Scotland**
8.40 **Vikings: The Rise and...**
9.40 **Pearl Harbor: The...**
10.45 **Animal Pride**
11.55 **The Man Who...**
1.00 PM **Grand Tours of...**
1.55 **Vikings: The Rise and...**
2.55 **Pearl Harbor: The...**
4.00 **Animal Pride**
5.15 **The Man Who...**
6.20 **Vikings: The Rise and Fall** Documentary.
7.20 **Pearl Harbor: The Heroes Who Fought Back** Documentary.
8.30 **NEW Animal Pride**
9.40 **The Man Who Destroyed Oscar Wilde**
10.55 **Pearl Harbor: The...**
12.00 M'T **Animal Pride**
1.10 AM **Grand Tours of...**
1.50 **Vikings: The Rise and...**
2.40 **The Man Who...**
3.35 **Armenia, My Home**
4.35 **Animal Pride**
5.30 **to 6.00** AM **Grand Tours of Scotland**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Sixties**
7.00 **Discovering: Nicolas Cage**
8.00 **The Directors**
9.00 **The Civil War**
10.00 **The Man Who Stole The Scream** The extraordinary story of the theft of Edvard Munch's painting, *The Scream*.
12.00 NOON **The Apollo**
2.00 PM **After the Bite**
3.45 **My Icon: Ebony Rainford-Brent**
4.00 **The Directors**
5.00 **Discovering: Nicolas Cage**
5.55 **The Civil War** 5/9. Focusing on the Battle of Gettysburg.
7.00 **Gary** A look at the life and mysterious death of actor Gary Coleman, who shot to fame in hit sitcom *Diff'rent Strokes*.
9.00 **Mr Dynamite: The Rise of James Brown** The career of the singer, musician and producer.
11.15 **The Jinx Part Two** 3&4/6.
1.15 AM **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's life.
3.45 **Adam Hills: Foot Fault**
5.00 **to 6.00** AM **Discovering: Nicolas Cage**

Sky Nature

124/125 822 189 354 369

6.00 AM **Strange Creatures**
7.00 **Monkey Life**
8.00 **Hope for Wildlife**
9.00 **Great Parks of Africa**
10.00 **Kingdom of the Tide**
11.00 **Big Cat Country**
12.00 NOON **Brazil Untamed**
1.00 PM **Monkey Life**
2.00 **Hope for Wildlife**
3.00 **Great Parks of Africa**
4.00 **Kingdom of the Tide**
5.00 **The Big Dry**
6.00 **Brazil Untamed**
7.00 **Monkey Life** Double bill.
8.00 **Cub Camp**
9.00 **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
10.00 **Brazil Untamed**
11.00 **The Big Dry**
12.00 M'T **Big Cat Country**
1.00 AM **Secrets of the Enchanted Forests** Documentary.
2.00 **Cub Camp**
3.00 **Africa's Wild Roommates...**
4.00 **Hope for Wildlife**
5.00 **to 6.00** AM **Great Parks of Africa**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **Ancient Aliens: The Ultimate Evidence**
9.00 **WW2 Air Crash Detectives**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Instruments of Death**
2.00 **Digging for Britain: Iron Age Revealed**
3.00 **The Real War of Thrones**
4.00 **WW2 Air Crash Detectives**
5.00 **The Proof Is Out There: Military Mysteries**
6.00 **What on Earth?**
7.00 **Alien Files Reopened**
8.00 **Hitler's Coup 1923** The infamous Beer Hall Putsch.
9.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club.
10.00 **History's Greatest Mysteries**
11.00 **The Witches of Salem**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain: Iron Age Revealed**
3.00 **The Real War of Thrones**
4.00 **Alien Files Reopened**
5.00 **to 6.00** AM **The Proof Is Out There: Military Mysteries**

Crime+Investigation

156 837 133

6.00 AM **Cold Case Files**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Cops Who Kill with Will Mellor**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding Something** Documentary.
2.00 **Secrets of the Morgue**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Meet, Marry, Murder**
5.00 **Accident, Suicide or Murder?**
6.00 **Cold Case Files**
7.00 **The First 48**
8.00 **Hometown Tragedy**
9.00 **Court Cam** New editions
10.00 **Undercover: Caught on Tape** Dominick Polifrone goes undercover as a mobster.
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Crimes That Shook Britain**
1.00 AM **Court Cam**
2.00 **Interrogation Cam**
3.00 **Somebody's Hiding Something**
4.00 **On the Case with Paula Zahn**
5.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Fish Tank Kings**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Austria's Wild Heritage**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** A massive black mamba holds an apartment block hostage. **7.00** Mbali completes her training by capturing a black mamba inside a garden shed.
8.00 **Savage Kingdom** Young alpha Wame seeks water for her dogs. **9.00** As drought turns Mombo to dust, Phefo the leopard must travel for food.
10.00 **Alaska: The Next Generation** Alaskans must adapt as the icy landscape melts.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Secrets of Seal Team 6**
8.00 **Mega Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Mysteries of the Deep**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries reveal secrets of NASA's spacecraft *Cassini*.
8.00 **Secrets of Seal Team 6** Profile of the US Navy team that killed wanted terrorist Osama bin Laden in May 2011, including interviews with former operators.
9.00 **Salvage Hunters: Classic Cars** Paul persuades Drew to buy a Triumph TR4 and pays homage to one of his automotive heroes.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Great British Railway Journeys** Eight editions.
1.00 PM **Great British Railway Journeys** Eight editions.
5.00 **The Bill** *Safe As Houses:* CID are tasked with guarding Lennie Powell for the night. **5.30** *Friends and Neighbours*: Burnside decides Carver has to move into the section house. **6.00** *Grief*: Brownlow gets grief for Garfield's failure to salute DAC Hicks as a senior officer. **6.30** *The Chase*: Loxton and Hollis give chase when a service station is robbed.
7.00 **Pointless** Double bill.
9.00 **The Porter** New episodes 3/8. Junior attempts to settle his debt with Queenie. **10.10** 4/8. Zeke and Marlene visit New York to pursue their respective agendas. (S1)
11.20 **The Bill** Four episodes.
1.30 AM **Pointless** Double bill.
3.25 **The Porter** 3/8. (S1)
4.20 **to 6.00** AM **Great British Railway Journeys**

+1 hour 266 376

ID

154 166

8.00 AM **American Detective with Lt Joe Kenda** Documentary.
9.00 **I Am Homicide**
11.00 **Forbidden: Dying for Love**
1.00 PM **Reasonable Doubt**
3.00 **Dark Waters: Murder in the Deep** Double bill of editions.
5.00 **Home Sweet Homicide**
7.00 **Someone You Thought You Knew** The case of Gary and Jan Tyrrell, who were found dead in their home in Missouri.
9.00 **People Magazine Investigates** In 1996, a college co-ed vanishes and is presumed dead. Decades later, a discovery found six feet under turns the case upside down. **10.00** Firefighters discover a body with two gunshot wounds. The fire destroys any hope for evidence, so police look to the victim's social media for clues.
11.00 **Fatal Affairs**
12.00 M'T **Man with a Van**
2.00 AM **Home Sweet Homicide**
4.00 **to 6.00** AM **Someone You Thought You Knew**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Supertruckers**
9.00 **Alaska Mega Machines**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Planes That Never Flew**
5.00 **Richard Hammond's Big**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Planes That Never Flew** Plans for an atomic bomber.
9.00 **Iron Resurrection** After inspecting a 1957 Chevy, the team discover that looks can sometimes be deceiving.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Planes That Never Flew**
1.00 AM **Roadworthy Rescues**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Twin Turbos**

+1 hour 261/272

Sky Cinema Premiere

301 401 501 515

6.10 AM **Noah's Ark** (2024, U)
7.50 PREMIERE **Despicable Me 4**
9.30 **Sneaks** As shown at 5.25am.
11.10 **Babes** (2024, 15) ★★★★
1.00 PM **The Good Half** Drama. (2023, 15, 96min) ★★★
2.45 **I'll Be Right There** Comedy. (2023, 12, 93min) ★★★
4.30 PREMIERE **Despicable Me 4** Animation. (2024, U, 94min) ★★★ *See review, page 23.*
6.15 **Borat Subsequent Moviefilm** Mockumentary. (2020, 15) ★

4.30 Despicable Me 4

8.00 Coming 2 America Comedy sequel starring Eddie Murphy. Pampered crown prince Akeem faces a constitutional crisis without a male heir to ascend the throne of Zamunda. With Arsenio Hall and Shari Headley. (2021, 12, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 It Ends with Us Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni and Jenny Slate. (2024, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Wasp** Thriller. (2024, 15, 96min) ★★★★
1.55 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
3.40 **I'll Be Right There** (2023)
5.25 **to 7.05** AM **Sneaks** Animation. (2025, PG, 92min) ★★

Sky Cinema The Hobbit

303 403 503 517

6.00 AM **The Hobbit: An Unexpected Journey** (2012)
8.50 **The Hobbit: The Desolation of Smaug** As 4.55pm.
11.35 **The Hobbit: The Battle of the Five Armies** As 7.40pm.
2.05 PM **The Hobbit: An Unexpected Journey** (2012)
4.55 **The Hobbit: The Desolation of Smaug** Peter Jackson's epic fantasy adventure starring Martin Freeman. (2013, 12, 161 min) ★★★★

7.40 The Hobbit: The Battle...

7.40 The Hobbit: The Battle of the Five Armies Conclusion of Peter Jackson's fantasy adventure trilogy, starring Martin Freeman. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 The Hobbit: An Unexpected Journey Peter Jackson's epic fantasy adventure based on JRR Tolkien's novel, starring Martin Freeman. Home-loving hobbit Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Hobbit: The Desolation of Smaug**
3.50 **to 6.25** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Drama

310 410 510 524

6.30 AM **My First Summer** (2020)
8.05 **Echoes of a Summer** (1975)
10.00 **Hawaii** Epic historical drama. (1966, PG, 155min) ★★★
12.50 PM **What Dreams May Come** Fantasy. (1998, 15, 106min) ★★★
2.55 **Speak Like a Child** Dark drama. (1998, 18, 80min) ★★
4.30 **To Olivia** Biopic starring Hugh Bonneville and Keeley Hawes. (2021, PG, 90min) ★★★★
6.15 **Miss Potter** Biopic starring Renée Zellweger as Beatrix Potter. (2006, PG, 93min) ★★★
8.00 **8 Mile** Urban drama starring Eminem. A Detroit youth dreams of escaping his dysfunctional home and dead-end job and making it as a hip-hop star. (2002, 15, 112min) ★★★
10.00 **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★
11.35 **Echoes of a Summer** Drama. (1975, PG, 98min) ★★
1.25 AM **Do the Right Thing** Spike Lee's comedy drama. (1989, 15, 120min) ★★★★★
3.40 **Drift** Drama starring Cynthia Erivo. (2023, 15, 93min) ★★★★
5.30 **to 7.20** AM **Manodrome** Thriller starring Jesse Eisenberg. (2023, 15, 96min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.20 AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
8.55 **The Watched** As 12.15am.
10.40 **The Nun II** Horror sequel. (2023, 15, 110min) ★★
12.35 PM **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
2.35 **Five Nights at Freddy's** Horror thriller starring Josh Hutcherson. (2023, 15, 109min) ★★
4.30 **The Adjustment Bureau** Romantic sci-fi thriller. (2011, 12, 105min) ★★★★
6.20 **The Nun** Horror thriller. (2018, 15, 96min) ★★★
8.00 **World War Z** Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. (2013, 15, 116min) ★★★★
10.10 **Hollow Man** Sci-fi thriller with Elisabeth Shue and Kevin Bacon. (2000, 18, 113min) ★★★
12.15 AM **The Watched** Horror. (2024, 15, 102min) ★★★
2.05 **Upgrade** Sci-fi thriller. (2018, 15, 100min) ★★★★
3.50 **Doom** Sci-fi horror thriller. (2005, 15, 105min) ★★★
5.40 **to 7.30** AM **Next Exit** Sci-fi comedy. (2022, 15) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Harry Potter

306 406 506 520

6.00 AM **Harry Potter and the Philosopher's Stone** (2001)
8.35 **Harry Potter and the Chamber of Secrets** (2002)
11.20 **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★
1.45 PM **Harry Potter and the Goblet of Fire** Fantasy. (2005, 12, 157min) ★★★
4.25 **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★★★

6.45 ...the Half-Blood Prince

6.45 **Harry Potter and the Half-Blood Prince** Fantasy based on JK Rowling's book, starring Daniel Radcliffe. (2009, 12, 153min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Harry Potter and the Deathly Hallows: Part I** Fantasy starring Daniel Radcliffe. Harry Potter and his trusted allies Hermione and Ron put their friendship to the test as they seek to defeat evil wizard Voldemort. (2010, 12, 146min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Harry Potter and the Deathly Hallows: Part II** Fantasy with Daniel Radcliffe. (2011, 12, 130min) ★★★★★
2.10 AM **Harry Potter and the Philosopher's Stone** Fantasy. (2001, PG, 152min) ★★★★
4.50 **to 7.40** AM **Harry Potter and the Chamber of Secrets** Fantasy with Daniel Radcliffe. (2002, PG, 161min) ★★★★

Sky Cinema Action

307 407 507 521

6.05 AM **Shrapnel** As 12.05am.
7.45 **The Green Hornet** Action comedy. (2011, 12) ★★★
9.50 **The Mechanic** (2011, 15) ★★
11.30 **Green Lantern** Adventure. (2011, 12, 114min) ★★
1.30 PM **Snow White and the Huntsman** (2012, 12) ★★★
3.45 **The Flash** Fantasy adventure. (2023, 12, 144min) ★★★
6.15 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★

10.05 Terminator Salvation

8.00 **Justice League** Action adventure starring Ben Affleck, Henry Cavill and Gal Gadot. Bruce Wayne enlists the help of Wonder Woman, Aquaman, Cyborg and The Flash in the fight against supervillain Steppenwolf. (2017, 12, 120min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. With Anton Yelchin. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Shrapnel** Action thriller. (2023, 15, 89min) ★★
1.40 **Money Train** Action comedy. (1995, 18, 110min) ★★
3.35 **Fist of Fury** Martial arts thriller. (1972, 18, 106min) ★★★
5.30 **to 7.30** AM **Mob Land** Thriller. (2023, 15, 111min) ★★★

Sky Cinema Comedy

308 408 508 522

7.30 AM **Am I OK?** As 11.15pm.
9.10 **How to Be Single** Comedy. (2016, 15, 107min) ★★★
11.10 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
12.45 PM **Death Becomes Her** Fantasy. (1992, PG) ★★★
2.35 **National Lampoon's Animal House** (1978, 15) ★★★★★
4.30 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
6.25 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★

11.15 Am I OK?

8.00 **Disaster Movie** Spoof comedy starring Matt Lanter. Over the course of a single evening, a group of friends encounter a series of natural disasters. (2008, 12, 86min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Blades of Glory** Sports comedy starring Will Ferrell and Jon Heder. Two ice skating rivals who have been banned from the sport for life make a comeback by teaming up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Am I OK?** Comedy drama. (2022, 15, 86min) ★★★
1.00 AM **Sometimes I Think About Dying** Comedy drama. (2023, 12, 93min) ★★★
2.50 **Jules** Comedy drama. (2023, 12, 87min) ★★★
4.35 **to 6.25** AM **The Comeback Trail** Crime comedy caper. (2020, 12, 104min) ★★★

Sky Cinema Thriller

309 409 509 523

7.30 AM **Marlowe** Crime thriller. (2022, 15, 110min) ★★
9.30 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
11.25 **Retribution** Action thriller. (2023, 12, 91min) ★★
1.05 PM **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★
3.25 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
5.30 **Vanilla Sky** Romantic fantasy remake starring Tom Cruise. (2001, 15, 136min) ★★★

5.30 Vanilla Sky

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Three Days of the Condor** Conspiracy thriller starring Robert Redford. A bookish CIA researcher on the run from rogue agents kidnaps a photographer to stay alive. (1975, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Eileen** Mystery thriller. (2023, 15, 97min) ★★★★
1.50 **Barber** Mystery drama. (2023, 15, 90min) ★★★
3.35 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
5.25 **to 7.40** AM **A Place Called Silence** Chinese thriller. (2024, 15, 119min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Father Brown** Comedy drama. (1954, U, 91min) ★★★
12.45 PM **The Frogmen** Adventure. (1951, b/w, U, 96min) ★★★
2.40 **Born Free** Wildlife adventure. (1965, U, 95min) ★★★★
4.35 **Picnic** Drama starring William Holden. (1955, U, 113min) ★★★
6.50 **The Devil Wears Prada** Satirical comedy with Meryl Streep and Anne Hathaway. (2006, PG, 109min) ★★★★

9.00 Kingsman: The Golden...

8 PM **The Devil Wears Prada** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Kingsman: The Golden Circle** Comedy adventure starring Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. With Mark Strong. (2017, 15, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.50** **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
1.50 **to 4.00** AM **Withnail & I** Cult comedy starring Richard E Grant and Paul McGann as two out-of-work actors who escape from late-1960s London to a rural cottage. (1986, 15, 107min) ★★★★★

+1hour 314 430 47 301

Sky Cinema Adventure

302 402 502 516

6.10 AM **Tad the Lost Explorer and the Secret of King Midas** Animation. (2017, U) ★★★
7.40 **The Prince of Egypt** Animated drama. (1998, U, 99min) ★★★★
9.25 **Yogi Bear** Family comedy. (2010, U, 81min) ★★★
10.50 **Despicable Me** Animation. (2010, U, 94min) ★★★★
12.30 PM **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★

2.10 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
4.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★
6.00 PREMIERE **Despicable Me 4** Animated comedy sequel. (2024, U, 94min) ★★★
7.45 **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
9.35 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★

11.35 **Warcraft** Fantasy adventure. (2016, 12, 123min) ★★★
1.40 AM **The Cinema List**
2.05 **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
3.50 **Storks** (2016, U) ★★★
5.20 **to 7.20** AM **Rango** Animation. (2011, PG, 103min) ★★★★

Sky Cinema Greats

304 404 504 518

6.20 AM **When Tomorrow Comes**
8.10 **Sabrina** As shown at 12.30am.
10.20 **Let's Dance** As 4.05am.
12.20 PM **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
2.20 **Airplane II: The Sequel** Comedy sequel starring Robert Hays. (1982, 15, 81min) ★★★
3.50 **Wonderful Life** Musical with Cliff Richard and Susan Hampshire. (1964, U, 108min) ★★

5.50 **A League of Their Own** Comedy drama starring Tom Hanks and Geena Davis. (1992, PG, 124min) ★★★★
8.00 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg. (1990, 12, 127min) ★★★★
10.10 **Far and Away** Romantic epic starring Tom Cruise and Nicole Kidman. (1992, 15, 140min) ★★

12.30 AM **Sabrina** Billy Wilder comedy starring Humphrey Bogart and Audrey Hepburn. (1954, b/w, U, 113min) ★★★★
2.25 **When Tomorrow Comes** Drama. (1939, PG, 92min) ★★★
4.05 **to 6.00** AM **Let's Dance** Musical. (1950, U, 112min) ★★

Sky Cinema Animation

305 412 500 514

6.45 AM **Teen Titans Go! & DC Super Hero Girls: Mayhem...**
8.10 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
9.45 PREMIERE **Despicable Me 4**
11.25 **The Adventures of Tom Thumb and Thumbelina** Animated adventure. (2002, U, 72min) ★★
12.45 PM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★

2.20 **Trolls** Animated musical. (2016, U, 92min) ★★★
4.00 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
5.50 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
7.25 **Two by Two** Animated adventure. (2015, U, 85min) ★★
8.55 PREMIERE **Despicable Me 4** Animated comedy sequel. (2024, U, 94min) ★★★
10.35 **10 Lives** (2024, U) ★★★
12.10 AM **The Adventures of Tom Thumb and Thumbelina**

1.30 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animation. (2022, PG, 79min) ★★★
2.55 **The Inseparables** Animation. (2023, U, 90min) ★★★
4.25 **to 5.55** AM **Maya the Bee** Animation. (2014, U, 86min) ★★

Movies 24

312 419

7.00 AM **Sense and Sensibility** Drama. (2024, U, 84min) ★★
9.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
11.00 **Love Under the Lemon Tree** Comedy. (2022, PG, 88min) ★★
1.00 PM **A Playful Love** Romantic comedy. (2022, PG, 84min) ★★
3.00 **A Whitewater Romance** Drama starring Cindy Busby. (2024, U, 84min) ★★

5.00 **Rip in Time** Romantic fantasy. (2022, PG, 84min) ★★
7.00 **Falling Together** Drama starring Ashley Williams. (2024, U, 90min) ★★
9.00 **Eat, Love, London** Romantic drama starring Georgia May Foote. A restaurateur tries to recover from a disaster in her life by starting over as a chef in London. (2024, PG, 90min) ★★
11.00 **What We Do For Love** Romantic comedy drama. (2023, PG, 89min) ★★

1.00 AM **The Journey Ahead** Comedy starring Holly Robinson Peete. (2022, PG, 102min) ★★
3.00 **to 5.00** AM **Romantic Rewrite** Romantic comedy drama. (2022, PG, 82min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Freedom to Die** Thriller. (1961, b/w, PG, 62min) ★★★
7.15 **Night Ride** Drama. (1937, b/w, U, 72min) ★★★
8.45 **Look at Life**
8.55 **Of Human Bondage** Drama. (1934, b/w, PG, 83min) ★★★★
10.35 **As Long as They're Happy** Musical. (1955, U, 76min) ★★
12.25 PM **Broken Journey** Drama. (1948, b/w, PG, 89min) ★★

2.10 **What's On TPTV with Noel**
2.20 **A Tale of Two Cities** Adaptation of Charles Dickens' classic tale. (1958, b/w, U, 117min) ★★★
4.40 **The Man in the Iron Mask** Adventure. (1976, PG) ★★★
6.45 **Genevieve** Classic comedy. (1953, U, 83min) ★★★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 4/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Vampires' Night Orgy** Horror. (1973, 15, 80min) ★★★

11.50 **Cellar Club with Caroline Munro**
11.55 **The Claim** Period drama. (2000, 15, 120min) ★★
2.15 AM **Midnight Fear** Thriller. (1990, 18, 105min) ★★
4.00 **Kill Her Gently** Crime thriller. (1957, b/w, PG, 73min) ★★★
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
6.45 LIVE **Formula 1** The Japanese Grand Prix second practice session.
8.15 **The F1 Show** Race preview.
9.15 **Good Morning Sports Fans**
10.00 **Total Football**
1.00 PM **My Icon** Maggie Alphonsi.
1.15 LIVE **PGA Tour Golf** The early stages of day two of the Valero Texas Open from TPC San Antonio.
3.00 LIVE **Indian Premier League Lucknow Super Giants v Mumbai Indians.** Coverage of the T20 match from BRSABV Ekana Cricket Stadium, Lucknow.
7.00 **Sky Sports News**
7.30 LIVE **EFL Blackburn Rovers v Middlesbrough.** Coverage of the Championship match from Ewood Park. Kick-off **8.00pm**.
10.30 LIVE **PGA Tour Golf** Further coverage of day two of the Valero Texas Open at TPC San Antonio.
12.00 M'T LIVE **LPGA Tour Golf** Day three of the DT-Mobile Match Play at Shadow Creek, Las Vegas.
2.00 AM **Sky Sports News**
3.15 LIVE **Formula 1** The Japanese Grand Prix third practice session.
4.45 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
7.30 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
9.30 **Premier League Highlights**
10.00 **Total Football**
5.00 PM **Premier League Best Goals** From the 2012/13 season.
6.00 **Premier League Highlights** Chelsea v Tottenham Hotspur.
6.30 **Premier League 100: David James** The former goalkeeper looks back at his career.
7.00 **Premier League Preview**
7.30 **The Big Interview** An interview with a Premier League player from the past or present.
8.00 **Fantasy Show** Insight and tips.
8.30 **Premier League Stories**
9.00 **Premier League Preview**
9.30 **Fantasy Show** Insight and tips.
10.00 **Premier League Highlights** Chelsea v Tottenham Hotspur.
10.30 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** The 2022/23 play-offs.
9.00 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **Bundesliga**
12.30 PM **Bundesliga Weekly**
1.00 **EFL Highlights** Championship.
2.00 **Scottish Premiership**
2.15 **SPFL Highlights**
2.30 **Bundesliga** Recent action.
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights** Championship.
4.00 **Scottish Premiership**
4.15 **SPFL Highlights** Action from Dundee v Rangers at Dens Park.
4.30 **EFL Highlights** Championship.
5.30 **Bundesliga** Recent action.
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights** Championship.
7.30 LIVE **EFL Blackburn Rovers v Middlesbrough.** Coverage of the Championship match staged at Ewood Park. Kick-off **8.00pm**.
10.30 **Best Moments from the Championship Play-Off Final**
11.00 **Best Moments from the League 1 & 2 Play-Off Final**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.30 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2015 final.
5.00 **to 6.00** AM **EFL**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Recent action.
10.10 **Ashes Greats** Archive highlights.
10.30 **Best of ICC WT20**
11.00 **IPL** Recent action from India.
2.50 PM LIVE **Indian Premier League Lucknow Super Giants v Mumbai Indians.** The T20 match from BRSABV Ekana Cricket Stadium, Lucknow. The hosts won this fixture last year by four wickets in a close match between the two sides. Mumbai made 144-7 in their 20 overs with Nehal Wadhera top-scoring with 46 from 41 balls, before the Super Giants chased down their target with four balls to spare.
7.00 **Ashes Greats** Archive highlights.
7.30 **Best of ICC WT20** Action from England v India in 2009. **7.45** Highlights from New Zealand v Pakistan in 2010.
8.00 **IPL** Action from Royal Challengers Bengaluru v Gujarat Titans. **9.00** Highlights of Lucknow Super Giants v Mumbai Indians. **10.00** Kolkata Knight Riders v Sunrisers Hyderabad.
11.00 **IPL** Recent action from India.
5.10 AM **Ashes Greats**
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

405 515 505 423 443

6.00 AM **PGA Tour Champions**
7.00 **Women's Golf** Highlights.
9.00 **LPGA Tour Golf**
11.00 **Asian Tour Golf**
12.00 NOON **Celebrity Kop Club**
12.15 PM **PGA Tour Champions Learning Centre** Golf tips.
12.45 **Golf's Greatest Holes**
1.15 LIVE **PGA Tour Golf** The early stages of day two of the Valero Texas Open at TPC San Antonio.
9.00 LIVE **PGA Tour Golf** Further coverage of day two of the Valero Texas Open at TPC San Antonio.
12.00 M'T LIVE **LPGA Tour Golf** Coverage of the third day of the T-Mobile Match Play staged at Shadow Creek in Las Vegas.
2.00 AM **Golf's Greatest Holes**
2.30 **The Open Zone**
3.00 **Playing Lessons**
4.00 **PGA Tour Golf** Texas Open.
5.00 **to 6.00** AM **The Open Zone**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
9.00 LIVE **ATP Tennis** Day five of the ATP Bucharest Open in Romania.
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
3.00 AM **ATP Tour This Week**
3.30 **WTA Tennis** Highlights.
5.00 **Billie Jean King: My Story**
5.15 **Martina Navratilova**
5.30 **to 6.00** AM **Bitesize Tennis**

TNT Sports 1

410 870 521 408 430

6.30 AM **Premier League Review**
7.30 **AFL** Magpies v Blues.
9.30 LIVE **AFL Geelong Cats v Melbourne Demons.** From Geelong. Bounce-up **9.40am**.
12.30 PM **Premier League Reload**
12.45 **MotoGP Rewind**
1.00 **Superbike Rewind**
1.15 **TNT Sports Reload**
1.30 **UEFA Champions League**
2.00 **Premier League Reload**
2.15 **Premier League: Big Interview**
2.45 **Premier League Review**
3.45 **Superbike Rewind**
4.00 LIVE **Curling World Championship Scotland v Germany.** Round-robin match.
7.00 LIVE **MLB Boston Red Sox v St Louis Cardinals.** From Fenway Park. Start-time **7.10pm**.
10.15 **MLB: Off the Bat**
10.45 **TNT Sports Cricket Reload**
11.00 LIVE **Grand Slam Track Athletics** From Kingston.
2.00 AM **Premier League Review**
3.00 **The Fantasy Show**
3.30 **Premier League Preview**
4.00 **Isuzu UTE A-League**
5.00 **to 7.00** AM LIVE **Isuzu UTE A-League Auckland FC v Western Sydney Wanderers.**

TNT Sports 2

411 871 522 409 431

6.00 AM **Cycling** Across Flanders.
7.00 **Original Documentary**
8.00 **MotoGP Rewind**
8.15 **Premier League Reload**
8.30 **A-League Women Highlights**
9.00 **Isuzu A-League Highlights**
9.30 LIVE **Isuzu UTE A-League Brisbane Roar v Macarthur FC.** The Australian top-flight match staged at Suncorp Stadium in Brisbane. Kick-off is at **9.35am**.
11.30 **Premier League Review**
12.30 PM **Discovery Golf**
1.00 **MLB Highlights**
2.00 **MLB: Off the Bat**
2.30 **Fishing: On the Bank**
3.30 **TNT Sports Reload**
4.00 **Isuzu UTE A-League**
5.00 **The Fantasy Show**
5.30 **Sign Up – Into Football**
6.15 **Premier League Reload**
6.30 **Premier League Preview**
7.00 **UEFA Champions League**
9.30 **Sign Up – Into Football**
10.15 **Original Documentary**
10.30 PM **to 6.00** AM LIVE **One Day International Cricket New Zealand v Pakistan.** Coverage of the third and final ODI in the series staged at Bay Oval in Mount Maunganui, Tauranga.

Sky Sports Action

408 517 507 426 446

6.00 AM **Fight Night International**
7.00 LIVE **Super Rugby Chiefs v Queensland Reds.** Coverage of the match from the eighth round of fixtures staged at FMG Stadium Waikato in Hamilton, New Zealand. Kick-off **7.05am**.
9.00 **Fight Night International**
10.00 **Super League Highlights**
11.15 **My Icon** Sporting influences.
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **NFL Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **NFL Bitesize Highlights**
8.30 **The Rugby Championship**
10.30 **Top Rank Boxing Archive**
11.45 **My Icon** Moeen Ali.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
2.00 LIVE **Super Rugby Moana Pasifika v NSW Waratahs.** From North Harbour Stadium in Auckland. Kick-off **2.05am**.
4.05 **My Icon** Moeen Ali.
4.30 **to 6.30** AM LIVE **Super Rugby Fijian Drua v Crusaders.** Coverage from HFC Bank Stadium in Suva. Kick-off **4.35am**.

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Total Football**
12.00 NOON LIVE **WTA & ATP Tennis** Coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
7.00 PM LIVE **WTA & ATP Tennis** Further coverage from the Tours, featuring the WTA Charleston Open, WTA Bogota Open, ATP Houston Open, ATP Marrakech Open and ATP Bucharest Open.
11.00 **Sky Sports News** With live analysis, comment and interviews.
12.00 M'T LIVE **NCAA Basketball** Coverage of the Final Four in the women's NCAA college basketball tournament at Amalie Arena, Tampa, Florida. The winners of tonight's matches will progress to the National Championship game.
2.00 AM **Sky Sports News**
2.30 LIVE **NCAA Basketball** Further coverage of the Final Four in the women's NCAA college basketball tournament staged at Amalie Arena, Tampa, Florida.
4.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **IPL** Recent action from India.
8.00 **PL Greatest Games**
9.00 **Premier League Darts**
1.00 PM **Fight Night International**
3.00 **EFL Greatest Games**
4.00 **PL Greatest Games**
5.00 **Asian Tour Golf**
6.00 **PGA Tour Champions**
7.00 **Bundesliga Legends**
7.20 LIVE **Bundesliga FC Augsburg v Bayern Munich.** Coverage of the German top-flight match at WWK ARENA. Kick-off **7.30pm**.
9.30 **EFL Greatest Games**
10.30 **Fight Night International**
11.30 **One Championship Weekly**
12.00 M'T **Fight Night International**
1.00 **to 6.00** AM LIVE **MMA: One Championship** ONE Fight Night 30 at Lumpinee Boxing Stadium in Bangkok, Thailand.

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Champions League**
8.00 **Ultimate Pool**
9.30 **Fishing: On the Bank**
10.30 **Spanish Women's Liga F**
11.30 **T100 Triathlon World Tour**
12.00 NOON **NBA Action**
12.30 PM **Original Documentary**
2.00 **NBA** Two match replays.
5.00 **NBA on Fire** The latest news.
5.30 **MLB Highlights**
6.30 **AFL** Cats v Demons.
8.30 **Premier League Preview**
9.00 **The Fantasy Show**
9.30 **Premier League Features**
11.00 LIVE **Grand Slam Track Athletics** Coverage from the first day of the first slam event from Independence Park in Kingston.
2.00 AM **UEFA Champions League**
2.30 **HSBC SVNS Highlights**
3.30 LIVE **HSBC SVNS** Coverage from National Stadium, Singapore.
5.00 **The Fantasy Show**
5.30 **to 8.30** AM LIVE **HSBC SVNS** From National Stadium, Singapore.

TNT Sports 4

414 876 524 411 434

6.00 AM **Serie A – Full Impact**
6.30 **T100 Triathlon World Tour**
7.00 **TNT Sports Reload**
7.30 **Discovery Golf**
8.00 **UEFA Champions League**
8.30 **Superbike World Championship Highlights**
9.30 **MotoGP Highlights**
10.30 **Serie A – Full Impact**
11.00 LIVE **Ski Mountaineering** The sprint competition in Switzerland.
12.00 NOON **TNT Sports Reload**
12.30 PM **Ultimate Pool**
2.00 **Formula E Flashback**
3.00 **MotoGP Highlights**
4.00 **One Day International Cricket**
5.00 **Ultimate Pool** Recent action.
6.30 **Fishing: On the Bank**
7.30 **TNT Sports Reload**
8.00 **NBA** Two match replays.
11.00 **Original Documentary**
12.00 M'T **Cycling** Across Flanders.
1.00 AM **AFL** Cats v Demons.
3.00 **to 6.00** AM LIVE **AFL Gold Coast Suns v Adelaide Crows.**

Premier Sports 1

419 551

6.30 AM **Sporting Countdowns**
7.00 **LaLiga Specials**
8.00 **URC in 60** Recent action.
9.00 **NASCAR Highlights**
10.00 **Transworld Sport** Magazine.
11.00 **Champions Cup Highlights**
12.00 NOON **LaLiga Highlights**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Countdowns**
3.00 **Women's Football Weekly**
3.30 **Ultimate Karting Championship**
4.30 **Rugby Union Highlights**
7.00 LIVE **Champions Cup Northampton Saints v Clermont Auvergne.** Kick-off **8.00pm**.
10.00 **URC Match Highlights**
10.30 **Sporting Greats**
11.00 **World Surf League**
12.00 M'T LIVE **NHL Ice Hockey Washington Capitals v Chicago Blackhawks.** Face-off **12.00m't**.
3.00 AM **NHL: This is Hockey**
3.30 **Sporting Countdowns**
4.00 **to 6.00** AM **Champions Cup**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** A match replay.
8.00 **Top 14 Rugby Union**
10.00 **Indy Autonomous Challenge**
10.30 **NHL Ice Hockey**
12.30 PM **Top 14 Rugby Union**
2.30 **Bike World** Magazine.
3.00 **Elite Ice Hockey League**
5.00 **Africa Eco Race** Stage 12.
5.30 **Champions Cup** Another chance to see Leinster v Bath.
7.30 LIVE **EPCR Challenge Cup Pau v Bath.** Coverage of the last-16 match staged at Stade du Hameau. Kick-off **8.00pm**.
10.00 **Top 14 Rugby Union Highlights**
10.30 **LaLiga Specials**
11.30 **NHL: This is Hockey**
12.00 M'T LIVE **NHL Ice Hockey Detroit Red Wings v Carolina Hurricanes.** The Eastern Conference match from Little Caesars Arena. Face-off **12.00m't**.
3.00 AM **Temples of Sport**
4.00 **to 6.00** AM **LaLiga**

Sky Sports F1

406 516 506 424 444

6.00 AM **72 Hours with Jack Doohan**
6.15 **Formula 1** Season highlights.
6.45 LIVE **Formula 1** Coverage of the Japanese Grand Prix second practice session at Suzuka Circuit.
8.15 **The F1 Show** Race preview.
9.15 **Formula 1** Season highlights.
9.30 **F1 Academy** Chinese Grand Prix.
10.00 **Formula 1** Japanese Grand Prix.
1.30 PM **F1 Academy** A race review.
2.00 **Formula 1** Season highlights.
2.30 **Ferrari Challenge Europe**
3.30 **Formula 1** Japanese Grand Prix.
6.00 **The F1 Show** Race preview.
7.00 **F1 Academy** Chinese Grand Prix.
7.30 **Formula 1** Japanese Grand Prix.
12.00 M'T **The F1 Show** Race preview.
1.00 AM **The Rookies**
2.00 **Formula 1** Highlights.
2.15 **The F1 Show** Japan preview.
3.15 LIVE **Formula 1** The Japanese Grand Prix third practice session.
4.45 **Formula 1** Season highlights.
5.00 **F1 Academy** Chinese Grand Prix.
5.30 **to 6.00** AM **Formula 1**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Despicable Me 4

Friday, 7.50am & 4.30pm, Sky Premiere

In this latest instalment, former villain Gru and his family – wife Lucy, three adopted daughters Margo, Edith and Agnes, and baby Gru Jr – find out that they're in danger from a supervillain called Maxime Le Mal (voiced by Will Ferrell) – and so they're forced to take on new identities as the 'Cunninghams', and move to a safe house in another town.

But after they move, Gru is recognised by teenager Poppy (Joey King), who lives next door. This teen threatens to blow Gru's cover, unless he helps her pull a heist. From here on, expect plenty of hilarity, as well as a good dose of slapstick comedy courtesy of the Minions. A great reliable watch for everyone.

milkshake! Peppa Pig

Sunday, 7.45am, Milkshake! on 5

There's huge excitement in the Pig household on Mother's Day, as Mummy Pig and Daddy Pig have some big news for Peppa and George. What could it be?

Unless you have been living under a rock for the past month, you will know that the Pig family is due to get a little bigger later this year – Peppa and George are going to get a brand new baby brother or sister!

Congratulations! Such exciting news – we hope the baby will like muddy puddles *and* dinosaurs.

More great shows to watch this week...

Jurassic World: Chaos Theory NEW

Available from Thu, Netflix

Season three picks up the story in the wake of Brooklyn's departure, with the Nublar Five encountering more dinosaur threats.

PAW Patrol: Big Truck Pups NEW

Available from Tue, Paramount+

Ryder and the pups team up with their trucker friend, basset hound pup Al, to help out on big truck operations and highway rescue missions.

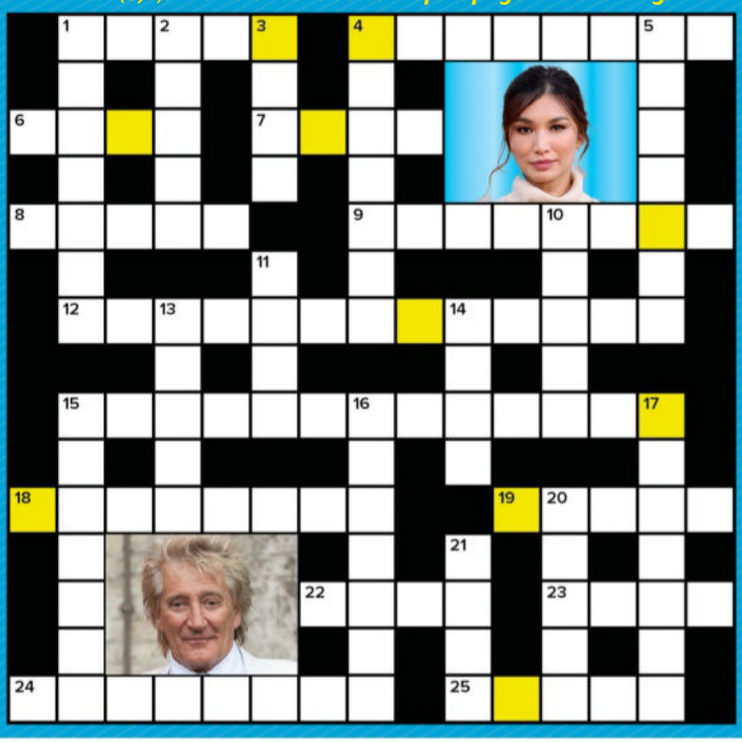
CBeebies Bedtime Story NEW

Sun, 6.50pm, CBeebies

On Mother's Day, Charithra Chandran, who plays mum Amma in *Nikhil & Jay*, reads *You're Strong with Me* by Chitra Soundar.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the letters in the shaded squares to spell out the name of an English actor (3,7). Answers at the bottom of the page – no cheating!



ACROSS

1 Amita -----, actor from Netflix series *Shadow and Bone* (5)
4 Vocalist for US rock band The Doors, Jim -------- (8)
6 See picture clue: Star of C4 drama *Humans*, Gemma ---- (4)
7 Hit Carly Simon single from 1972, *You're so* ---- (4)
8 ----- Franks, played Rainie Cross in BBC soap *EastEnders* (5)
9 *Antiques* ---- ----, BBC series narrated by Tim Wonnacott (4,4)
12 Star of 1996's comedy drama *Brassed Off*, Pete ---------- (13)
15 Scottish actor in both *Game of Thrones* and *Bodyguard* (7,6)
18 Stephen Fry's voice role in 2010 fantasy film *Alice in Wonderland*, -------- Cat (8)
19 ----- *November*, 2001 film starring Keanu Reeves (5)
22 Former C4 game show, now on ITV1, ---- *or No* ---- (4)
23 ---- Needell, former racing driver and co-presenter of *Fifth Gear* (4)
24 English celebrity chef and TV presenter, Ainsley -------- (8)
25 *Downton Abbey* cook played by Lesley Nicol, Mrs ----- Patmore (5)

DOWN

1 *Stranger Things* actor who plays Will, Noah ------- (7)
2 Robin Williams comedy series and *Happy Days* spin-off, *Mork &* ----- (5)
3 American actor, star of the *Scream* films, ---- Campbell (4)
4 Fictional French detective created by Belgian writer Georges Simenon (7)
5 Film starring Frances McDormand, released in 2018, *Three Billboards* ------- *Ebbing, Missouri* (7)
10 Steven Spielberg film from 1978, *Close Encounters of the* ----- *Kind* (5)
11 Bass player with American rock band Red Hot Chili Peppers (4)
13 Played Manuel in sitcom *Fawlty Towers*, Andrew ----- (5)
14 *What Not to* ----, classic makeover series (4)
15 Singer who starred in 2018 heist movie *Ocean's Eight* (7)
16 See picture clue: Sir Rod Stewart hit released in 1977, *The First Cut Is the* ------- (7)
17 1994 movie based on a Stephen King novel, ------- *Things* (7)
20 *The North* -----, TV drama starring Colin Farrell (5)
21 Classic Steve McQueen horror movie from 1959, *The* ---- (4)

WORDS: LYNETTE BRIGHTON, PHOTOS: GETTY, SKY, MILKSHAKE! ON 5, BBC.

CROSSWORD SOLUTION

ANSWER: Ian McShane **ACROSS:** 1 Suman 4 Morrison 6 Chan 7 Vain 8 Tanya 9 Road Trip 12 Postethwaite 15 Richard Madden 18 Cheshire 19 Sweet 22 Deal 23 Tiff 24 Harriott 25 Beryl
DOWN: 1 Schnapp 2 Mindy 3 Neve 4 Maigret 5 Outside 10 Third 11 Flea 13 Sachs 14 Wear 15 Rihanna 16 Deepest 17 Needful 20 Water 21 Blob

Coming soon

Marlon, Kat and Hugh

FIRST LOOK

Deep Cover

Orlando Bloom, Bryce Dallas Howard and Nick Mohammed star in a comic crime thriller

Paddy Considine (left) co-stars

An improvisation teacher and her students must attempt to infiltrate a menacing criminal gang in Prime Video's high-octane comedy *Deep Cover*.

The film, available from 12 June, sees Bryce Dallas Howard play Kat, whose dream of becoming a successful comedian is fading fast as she is stuck running improvisation classes in London.

Kat's life is changed for ever, though, when a police officer gives her and two of her students – struggling actor Marlon (Orlando Bloom) and shy banker Hugh (Nick Mohammed) – the chance to demonstrate their improv skills in the real world by going undercover to help bring down some dodgy crooks. But it's not long before Kat, Marlon and Hugh realise they have bitten off way more than they can chew.

STAR NAMES

Paddy Considine, Sonoya Mizuno, Ian McShane and Sean Bean are also in the cast.

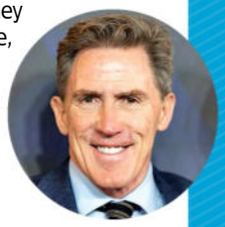
'It's a total blast and Orlando is revelatory in it – no one has seen him be anything like this – and Nick's so talented,' says Howard. 'The characters get sucked into this criminal underground world because they are recruited by the police to pretend to be a part of it. But they very quickly get into a lot of trouble…'

'It turns into this massive underworld drug chase with these people who have no idea what they're doing,' adds Bloom. 'It's a sort of action-comedy caper and a great spectacle.'

WHAT'S NEXT FOR…

Rob Brydon

In BBC2's three-part travelogue **Rob Brydon's Honky Tonk Road Trip**, the actor will journey through Tennessee, Kentucky, Alabama and Mississippi to showcase the history of country music.

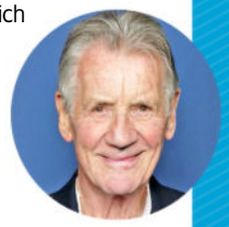


Claire Skinner

5's thriller **The Trial**, set in the near future when parents are responsible for their children's lawbreaking, sees the actor play a mother who is questioned after her daughter commits a terrible crime.

Sir Michael Palin

The veteran broadcaster will host 5's three-parter **Michael Palin in Venezuela**, in which he explores the culture and landscapes of the South American country as it faces political and social challenges.



Coming Back

Jill Halfpenny, Alun Armstrong, Ian Puleston-Davies and Matthew McNulty are joining ITV1 thriller **After the Flood** for its second run, which finds cop Jo Marshall (Sophie Rundle, pictured with Halfpenny) investigating a murder case.

Standard Subscription rates (1 year) UK £74.99, Europe 539 Euros, USA $610, Rest of World $469. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issues of Future Plc magazines, these are available online at magazinesdirect.com

Next week On sale Tuesday 1 April

Reunion

BBC1's thriller follows a deaf man (Matthew Gurney) seeking revenge after leaving prison.

Grace

Detective Superintendent Roy Grace (John Simm) is back on the case in ITV1's crime drama.

Black Mirror

Peter Capaldi and Dame Harriet Walter star as the dystopian anthology returns on Netflix.

Your Friends & Neighbours

Jon Hamm plays a thief in Apple TV+'s twisty drama.

WORDS: CAREN CLARK. PHOTOS: APPLE TV+, BBC, GETTY, ITV, NETFLIX, PRIME VIDEO, SHUTTERSTOCK

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Satellite Week is available for licensing and syndication. Contact us at **licensing@futurenet.com** or view our available content at **futurecontenthub.com**

Head of Print Licensing
Rachel Shaw **licensing@futurenet.com**

FUTURE Connectors. Creators. Experience Makers.

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR) www.futureplc.com

Chief Executive Officer Jon Steinberg
Non-Executive Chairman Richard Huntingford
Chief Financial Officer Sharjeel Suleman

Tel +44 (0)1225 442 244

ipso. Regulated **Editorial Complaints** *TV&Satellite Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&satweek@futurenet.com or write to The Editor, *TV&Satellite Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

Recycle We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

Grounded In Faith

Holy Land Sand & Diamond Cross

Genuine Sand from the Holy Land

4 genuine diamonds

Real sand from Israel's Sea of Galilee Beach at the centre of the cross

Handcrafted in solid sterling silver with 18-carat gold-plated Accents

Inspiring Sentiment
Finely Engraved On Back

Carry a special piece of history, along with the unconditional love and endless possibilities that the Lord brings to our lives, when you wear our *'Grounded In Faith' Holy Land Sand & Diamond Cross*. Available only from The Bradford Exchange, this inspirational jewellery exclusive allows you to keep your faith close to your heart with real sand from the Holy Land. This beautiful cross is handcrafted of solid sterling silver with 18-carat gold-plated accents; at the centre is genuine sand from Israel's Sea of Galilee beach. The shimmering arms of the cross are individually hand-set with a sparkling genuine diamond – a total of 4 diamonds in all! Every cross is individually unique, just like your personal relationship with Christ. No two crosses are alike! The reverse side is finely engraved with *'With God All Things Are Possible'* and a matching 18" chain completes the look.

Pendant measures 1 inch (2.54 cm) in height
Matching chain measures 18 inches (45.7 cm) in length

An Exceptional Value Not Sold In Stores

Our *'Grounded In Faith' Holy Land Sand & Diamond Cross* is accompanied by a custom-designed presentation case, a Certificate of Authenticity and our famous 120-day money-back guarantee. It is an amazing value at only £129.96, payable in 4 interest-free instalments of £32.49 each (plus £6.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today!

© The Bradford Exchange. * S&S - Shipping & Service. Offer applies to UK only. Our guarantee is in addition to the rights provided to you by consumer protection regulations. 01-29567-001

PAY NOTHING NOW

PRIORITY ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order __ (Qty) of the **'GROUNDED IN FAITH' HOLY LAND SAND & DIAMOND CROSS** for me as described in this advertisement.

Complete today or Call 0333 003 0019

Title..... Name..... (PLEASE PRINT)

Address.....

.....

Postcode..... Phone.....

Email Address.....

Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

The Bradford Exchange

01-29567-001

Order Ref:463362

FASTEST WAY TO ORDER

www.bradford.co.uk/faithsandcross

Or call on **0333 003 0019**

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 463362

Scan me!

THE MOBILITY FURNITURE COMPANY

10% OFF

NEW SPRING OFFER†

Truly made-to-measure rise & recline chairs and adjustable beds

Choose from our extensive range of chairs and selection of 400 fabrics & upholsteries

BOTH SEATS RISE & RECLINE

Kent two-seater rise and recline settee. Bespoke sizes and motor options

- CHOICE OF **WIDTH**
- CHOICE OF **DEPTH**
- CHOICE OF **HEIGHT**

DRAWERS FOR EXTRA STORAGE

£300 OFF
PART EXCHANGE FOR YOUR OLD FURNITURE

50% OFF
A SECOND ITEM OF FURNITURE*

FLEXIBLE FINANCE
PACKAGES AVAILABLE

5 YEAR
WARRANTY FREE WITH EVERY MECHANISED ITEM

- **FREE** home demonstration
- **FREE** home delivery and set up
- **FREE** nation-wide service
- **NO** cold calling
- **FREE** removal of old furniture

"Key benefits of elevating the legs include less swelling, enhanced healing, improved mobility... better quality of life"
Dr Rob Hicks

BHTA

tsi APPROVED CODE TRADINGSTANDARDS.UK

CALL FREE TODAY FOR A FREE BROCHURE & HOME DEMONSTRATION

0800 810 8782

www.mobilityfurnituretcompany.co.uk/sale

*The 50% offer is taken from the least expensive item and must be ordered at the same time
†Offer applies to all mechanised items and valid until 16/04/2025

HANDCRAFTED IN GREAT BRITAIN

9001

9000